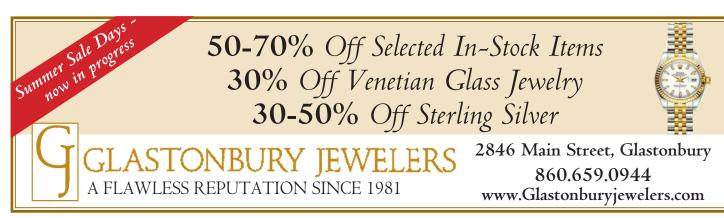


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QUOTE OF NOTE:

- "I didn't know I was qualified to get these."
- Ralph Horowitz

See story page 18

ON THE COVER

The town unveiled its new Heritage Walk initiative, with kiosks and signs scattered throughout Old Wethersfield, as part of the Memorial Day weekend festivities.

Photo by Lisa Brisson See story page 24

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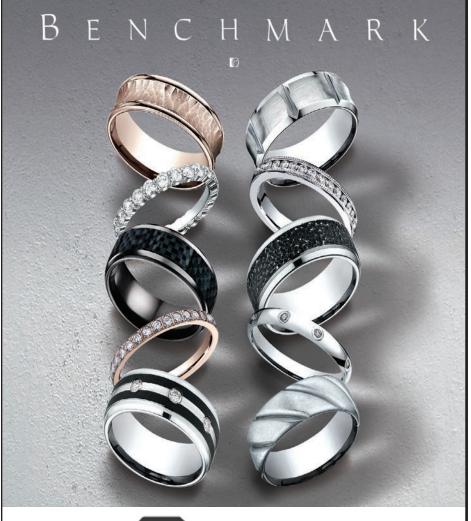
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She loves to travel

Peace Corps gives Lauren Hoisl a chance to see the world

by Mark Jahne *Editor*

auren Hoisl is a young
woman on the move. She has
already visited much of the
world at the tender age of 24
and shows no sign of easing up.
The Wethersfield High
School graduate recently

spoke about her

travels and service in the Peace Corps at Corpus Christi School, where she studied prior to high school. Her first foreign journey was in the summer of 2010 when she went to Spain for a language and culture course.

"I've always loved to travel and work on community projects. Then I realized that it's possible to combine these. When you work abroad you're able to form relationships with locals and learn so much more about the culture than when you just travel to see the sights," she said.

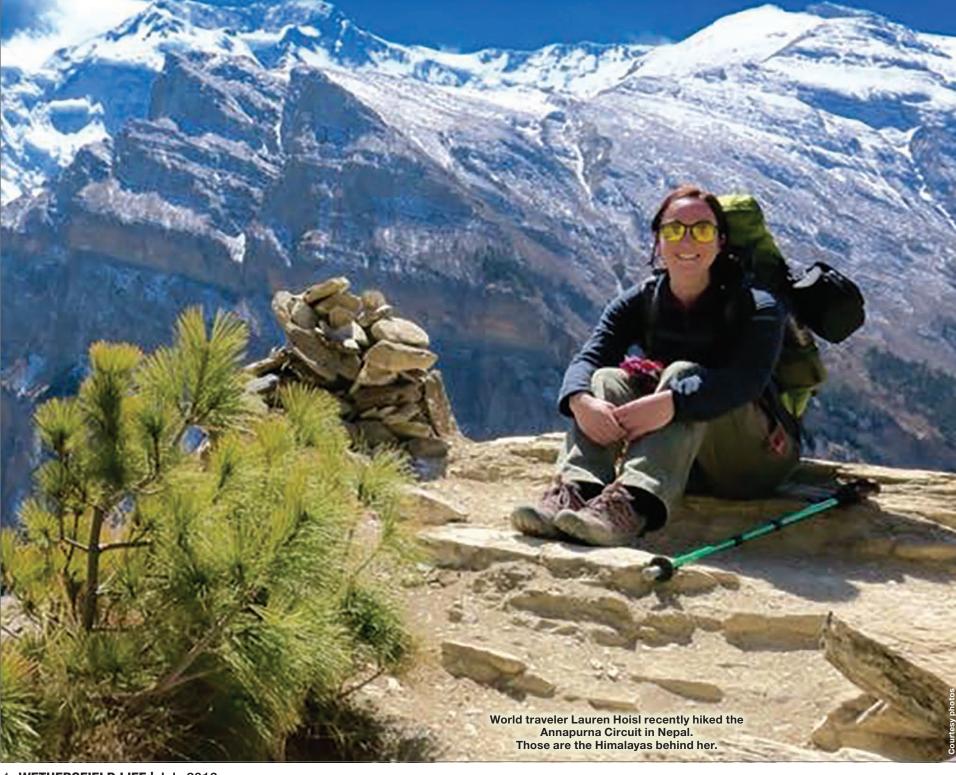
The following year, while a student at Seton Hall University, she volunteered at an orphanage in Haiti. Before 2011 was over she had studied in New Zealand and gone backpacking in Australia.

The first stop of 2013 was an orphanage in Costa Rica, another

volunteer commitment.

Then she went with her grandmother to the older woman's childhood home in her native Austria to meet extended family.

Hoisl joined the Peace Corps in 2013 and has already been to Mozambique, Swaziland, South Africa, Zambia, Zimbabwe, Malawi, Tanzania and Morocco. She is currently on a tour of Southeast Asia



that will end soon. It includes visits to Nepal, India, Thailand, Laos, Cambodia and Vietnam.

"I left home September 2013 for Mozambique. We began in Namaacha, the PC training village, where I learned how to speak Portuguese and teach math to large classes with limited resources. We learned about culture, safety and health issues during this training, and lived with host families," she said.

Hoisl joined the Peace Corps because she knew it assigned its volunteers to one specific community where they would be able to learn the language and culture, form relationships, be fully integrated into that community and perform an actual job.

"After swearing in as an official volunteer in December 2013 and participating in my first all-Portuguese conference with our new school directors, I moved to my reed home in the town of Chissano, district of Gaza, where I would spend the next two years," she said.

"As it turned out, my school wanted an English teacher. So I basically learned along the way, and with the help of my host country counterparts, the technical aspects of how to teach English to secondary school students," she added.

"I was able to share some fun teaching styles with my counterparts in order to get the kids more active in their daily lessons and create plans to stay on track with the national curriculum, preparing students to take provincial and national exams at the end of each term," Hoisl said.

Typically, they did not have any textbooks and would spend the entire class copying down whatever the teacher wrote on the board. The first year she taught grades 8-10; year two she was only with grade 8. The average class size was 55 students and she had approximately 300 students each year.

"My main project outside of the secondary school was at the primary school, where I worked with a team of teachers to develop a literacy program. During the first year we worked with very limited resources – a few children's books in Portuguese and home-made learning games made from recycled materials," Hoisl said.

"We stored our things in the school office and jumped between reed classrooms when available. My main counterpart and I attended a week-long training on engaging early grade readers and were able to bring our knowledge back to the school and train some of the other







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teachers," she added.

"During the summer, I worked with my counterparts, the school directors and school board to develop a plan to build a school library. I wrote a grant and raised 75 percent of the funds needed for the construction.

"Twenty-five percent was meant to come from the community in the form of volunteer labor, donation of materials and general support, as per required by PC grant support," she said.

"We built the library during the first trimester of school and painted and prepped throughout the second. The kids were fully active in the library by the third trimester and we had our official opening at the end of the school year, just before I finished my service."

Corpus Christi sent funds that helped to purchase hundreds of books and supplies for the project. Hoisl's group was working with the same group of students throughout the academic year in grades 1-4 who had been identified by their teachers as having particular

"I really love exploring the food and handcraft markets of every town and testing all of the local street food."

Lauren Hoisl

difficulties with reading.

"We would pull them out of their regular classes twice per week to practice our alternative learning styles which included games, songs, story time and silent reading. The goal for the future is to continue this program and expand with a librarian, so that the library may be open throughout school hours for any child interested in accessing the resources," she said.

The Peace Corps had some national youth programs led by volunteers and host country counterparts that Hoisl helped to bring to Chissano. JUNTOS was for boys and girls and used cultural means to open a discussion about HIV/AIDS.

The group used theater to communicate healthy lifestyles. They also worked on projects focused on malaria and nutrition.

She said it was a huge support in carrying out a health fair that she organized with adult activists and community leaders September 2015.

"I was the provincial JUNTOS coordinator during my second year, organizing and implementing trainings for group leaders and conferences for the groups. REDES is similar to Girl Scouts – it provided a safe place for girls to discuss many topics that were typically considered taboo. There was also a focus on income-generation projects, teaching the girls skills they could use in the

future to become independent," she said.

Hoisl also became involved with a provincial science fair, helped perform pediatric checkups at the community health center, organized HIV patient files and assisted in healthy-eating discussions with pregnant women.

She enjoyed hanging out with the market ladies, relaxing under the mango trees with her neighbors and sitting on the veranda while the neighborhood children came by to color.

Highlights of her travels thus far include trekking the Annapurna Circuit and crossing the Thorong La Pass in Nepal, scuba diving off the coast of Mozambique and riding a camel over the Sahara Desert sand dunes in Morocco.

"I really love exploring the food and handcraft markets of every town and testing all of the local street food," she said.

She admitted that it can be hard to be on one's own for so long and while so far away from home.

The biggest threat was public





transportation because she said accidents are numerous, drivers are reckless and the hospitals, in general, are not the best.

"Corruption is a really frustrating factor of working abroad, too. You'll often find yourself in situations of policemen asking for bribe money because they haven't been paid in weeks, teachers changing grades to meet required pass rates, children being sent to work in the market or fields instead of going to school," she said.

Her family - father Frank, mother Elisabeth, sisters Kelly and Megan - still live in town. Her mother is proud, but wishes she could see her daughter more often. She was able to visit Lauren in South Africa in 2014 and they were also able to enjoy time together in Zambia and Mozambique.

Elisabeth got to see the village in Mozambique where her daughter worked and met the people there.

As a mother, she worries about Lauren's safety when the young woman travels, always looking for the next adventure.

"Now she's working in Laos at a farm to table and I think she's off to Cambodia next. She finishes in Vietnam.

She's connecting with a lot of people her own age while she's over there," Elisabeth said.

She added that Lauren showed an early interest in volunteer work. She helped out at the House of Bread soup kitchen in Hartford while in the Girl Scouts.

The world travel really started in college. In her junior year she studied abroad in New Zealand," Elisabeth said.

Lauren plans to attend Columbia University this fall to earn a master's degree in public health with a certificate in global health, focusing on health policy and management.

She said she hopes to combine her love of travel and working with community-based organizations to strengthen public health systems in developing countries. Her dream job would be overseeing child well-being projects as a program manager with UNICEF. WL



Lauren Hoisl has dedicated her life to volunteering with the Peace Corps. She is shown with a family in a village where she taught in Mozambique.



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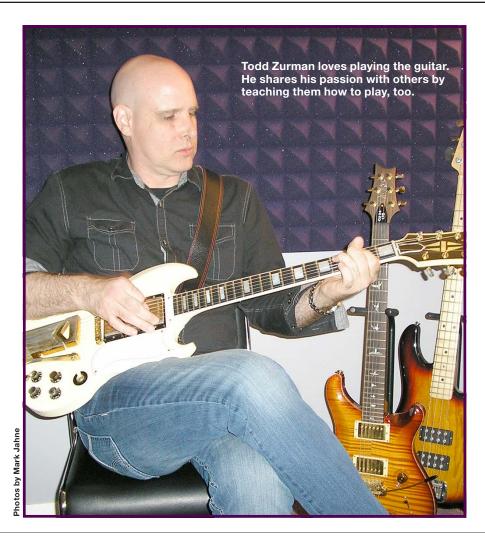
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Making music

Vortex Guitar Studio teaches musicians of all ages how to play

by Mark Jahne Editor

odd Zurman loves to play the guitar. He also enjoys teaching other people how to play through his business, Vortex Guitar Studio.

Vortex offers individual private lessons in electric, acoustic and bass guitar, with an emphasis on rock 'n' roll and blues. He believes that learning to play guitar should be fun and

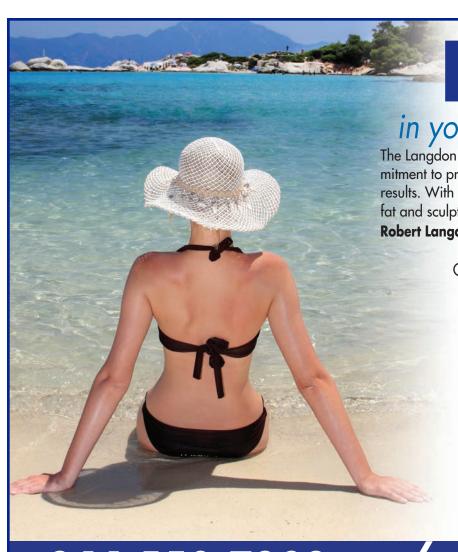
His clients learn how to play the music they like while building the skills they need to become proficient. Lessons are 30 minutes per week and cost \$27 per lesson. Zurman also offers the option to enroll in a 60-minute weekly session to speed one's progress.

"I opened Vortex Guitar Studio

to carry on the legacy of the guitar. I have taught at other venues and they weren't conducive to teaching or to learning. The rooms were cramped. They were noisy from other lessons taking place and from prospective customers trying out instruments," he wrote on his website.

"Not to mention the pressure sales staff placed on students and parents to purchase things they didn't want or need. Vortex Guitar Studio was founded as the noncorporate, non-retail place to learn to play excellent guitar. It is designed to improve the experience for all students," he added.

He opened his studio five years ago in a cluster of small businesses at the intersection of the Silas Deane



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"I much prefer to teach people how to play and improvise scales, know how to build chords."

Todd Zurman

Highway and Maple Street (Route 3). He has been teaching guitar for the past 16 consecutive years.

"I started in high school with a couple friends," Zurman said during a recent interview in his studio.

"I have been in bands, still write off and on, play with friends off and on. I'm looking to start something up again. I've been in bands since high school."

The walls of his studio are covered with framed images of classic rock albums by such artists as the Beatles, Pink Floyd, Jimi Hendrix and the Rolling Stones.

"I'm more rock and blues oriented," he said.

The first thing he teaches new students is the fundamentals because they are the building blocks for becoming a skilled player.

Progress is continual, but no student is going to become the next Eric Clapton or Joe Bonamassa overnight. It took them years of study and hard work to become the elite players they are today.

"You start from the ground up," Zurman said. "It takes time."

The first lessons involve learning the different strings, notes and chords. A chord is three or more notes that are played together. He enjoys working with musicians of all ages and backgrounds.

Many of his students are adults. He said they tend to have a wider experience of listening to music and regard learning how to play their favorite songs as a fun experience.

"My students run the gamut from 10 years old to mid-60s," Zurman said. "A lot of my students have been with me for the duration of five years."

One of them, who began studying with him at another studio, started as a third-grader. He is on schedule to graduate from high school this year.

Some have reached a high level of proficiency but still book time with Zurman to play together or practice their skills. Others want to play an entire set list with him.

After all, there's always room

for improvement.

"It depends how much you practice," he said.

Some students struggle at first but he encourages them not to give up. There is still the possibility that they will excel over time. Zurman has his own method of teaching.

"I'm not a big sight reader. I much prefer to teach people how to play and improvise scales, know how to build chords," he said. "I've become friends with a lot of my students."

He doesn't ask them to purchase expensive guitar books. He would rather have them bring a blank notebook and jot down whatever they need to focus upon to improve.

This helps students understand their progress, he added. The Glastonbury born and bred resident enjoys his career.

"Making money doing something you like is great," he said.

Mike Lyon is a self-described enthusiastic student.

He's 53 years old and decided to take guitar lessons when he turned 50. Now he practices with Zurman once a week.

"I finally had some time on my hands to devote to a new hobby ... I guess I had guitar envy," Lyon said. "He's excellent. He's a good combination of humor, encouragement and a strong command of guitar basics."

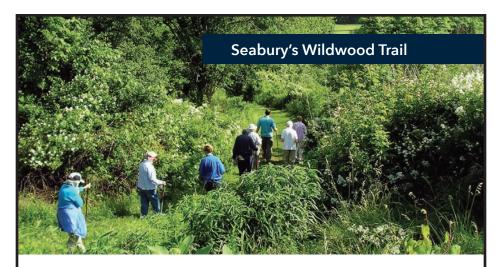
He added that Zurman seems to enjoy watching his students grow not just in technical proficiency, but creatively.

"It's been excellent. I've really picked up on it," Lyon said. "It's really a nice creative outlet."

Playing guitar is now part of his everyday life. He hopes to perform live for the first time at his son's wedding this fall. Lyon said Zurman has been a profound influence on his life.

"He really is great. He's become not only an instructor, but a friend." WL

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Emerson-Williams School celebrates TV Turn Off Week

by Allie Rivera

Staff Writer

or one week, screens in at least part of the town lacked their artificial glow. Televisions sat idly in living rooms and iPads and tablets lay on kitchen tables untouched.

From May 22 through May 27, families from Emerson-Williams School celebrated TV Turn Off Week with activities to get children and their parents away from television and computer screens.

"I feel strongly that kids

shouldn't be on their devices and watching TV all the time," Jamie Rogalski, parent coordinator for the week, said.

'There's not enough time that they're just outside playing and climbing trees and there's too much where they're just sitting and being entertained."

This was just one of thousands of such events that happen across the country during a national celebration of Screen Free Week, encour-



aging families all over the United States to take time away from their televisions, tablets and smart

phones.

Although this year was the first time Rogalski chaired the activities, it is not the first time Emerson-Williams participated. This year's festivities included yoga classes, an

evening at Ron-a-Roll, a hip hop dance class, live music and more.

"Some of the events have been going on for the last couple of years," Rogalski said. "Ron-a-Roll is always a favorite with the kids."

She was looking for ways for children to be even more active during TV Turn Off Week. While she



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acknowledged the value of some events in years past, such as going out to dinner with families, she wanted a way for them to be able to move around more.

Rebecca Anderson, a fellow parent and PTO member, agreed that encouraging movement was a great idea.

"They sit all day, then they sit to do their homework, then they sit in front of the TV," Anderson said. "Nobody goes out to play anymore."

Anderson added that she believes events like TV Turn Off Week will help to highlight how large a role technology plays in the daily lives of young people and the negative impact that it can have.

"There is a correlation between technology and kids' obesity rates," Anderson said. "When I was a kid, it was a big deal to have a computer in your classroom. Now these kids have computers in their pockets."

Because of these concerns, the yoga and hip hop classes were added to the schedule which, according to Anderson, not only allowed students to move more, but also gave many an opportunity to try something they've never done before.

"It may spark something in them that they didn't know was there," she said.

Beth Agdish, an instructor at West Hartford Yoga who volunteered to teach the class during TV Turn



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"When I was a kid, it was a big deal to have a computer in your classroom. Now these kids have computers in their pockets."

Rebecca Anderson

Off Week, has seen first hand the positive benefits to be gleaned from turning off screens and trying something new.

"I've been teaching kids yoga for roughly 15 years. So many kids are always on electronics now," she said. "This gives them an opportunity to try something they've never done."

Most of the activities for TV Turn Off week were either free or priced at a small fee.

"We try to keep the activities low key so there is little to no cost to participate," Rogalski said.

For Anderson, keeping activities free or cheap was an important part of the week and further highlighted her desire to have children move more.

"One in three Connecticut kids are obese," Anderson said. "Dance costs money. Lacrosse costs money. Everything costs money. This is free."

"Look at them," she added, gesturing to the excited group of students gathered for the yoga class. "They just want to move."

Both Rogalski and Anderson said they are grateful to local businesses that volunteered their services to help make TV Turn Off Week a success. They hope that the lessons of the week sparked some action among children and their families.

"I've heard a lot of positive comments about it and the kids seem to look forward to it." Anderson said. WL



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They are tops in the classroom

The following students were named to the honor roll for the third marking period at Wethersfield High School.

HIGH HONORS

Grade 9

Jordan Adduci, Aiden Ademi, Ajla Ahmetovic, Hope Allen, Allison Appel, Alec Arnold, Mark Bagdasarian, Justin Biraci, Alec Capasso, Natalie Casertano, Danielle Colbath, Austin DellaFera, Auna Foster, Abigail Francis, Kathryn Galusha, Sofia Giarratana, Katherine Ginter, Amayia Giscombe, Sarah Gordon, Lucyne Grigorian, Anthony Guerrera, Jeremy Halla, Liam Harrington, Shannon Hattie, Holden Hoon, Julia Hughes, Matthew Iallonardo, Luke Johnson, Jared Kauffman, Gabrielle Klementon, Anthony Ky, Brooke Kycia, Matthew Laurie, Yasmin Lazu, Leah Lin, Emily McKenna, Anthony Milluzzo, Emma Moore, Kenan Mujic, Nicole Murphy, Sasha Parmanand, Madison Patkoske, Alyssa Pearce, Marina

Pernoi, Alyssa Prosperi, Emily Raffalo, Erin Robles, Jenna Sanzo, Isabella Scandura, John Schiavone, Jaedyn Stanescki, Katherine Stearley, Kaitlyn Swoverland, Alexis Szymecki, Elizabeth Veilleux, Angelica Velez, Connor Wallowitz, Haley Whelchel, Shun Wong, Mei Xue, Christina Yanaros and Ryan

Grade 10

Elena Anderson, Nicholas Arcata, Emma Augustine, Shawn Bertucio, AnnaJane Brown, Eric Bucknam, Rachel Bugella, Rebecca Buonopane, Ling Chi, Isabel Correa, Justin Cruz, Stephanie DeCarli, Hannah Delvecchio, Joseph DiCioccio, Thomas Dowd, Maricielo Fabian, Adnan Fejzic, Julia Feliciano, Jessica Garofalo, Lily Gaunt, Amanda Gilbert, Tyler Gomes, Brian Heavren, Nathan Hrdy, Gabriela Interian, Camden Johnson, Devon Kleeblatt, Katrina Kurpaska, Samuel Lemaire, Caroline Logan, Juliana Mandile, Malena Mandile, Heather Mayo, Maria Moldovan, Atlee Myers,, William Odell, Anna O'Neil, Rahman Osmanovic, Leah Ostergren, Andrew Pace, Chelsea Pinchera, Jessica Pratt, Sara Puglielli, Brianna Santilli, Veronica Sardaryan, Brenna Shannahan, Jason Sharp, Tyler Stout, Abigail Sullivan, James Sullivan, Kaleigh Sullivan, Wing Sze, Alexandra Talarczyk, Megan Tonucci, Amanda Tougas, Victoria Whitaker, Triniti White, Karolina Wlaz and Emma Zaleski.

Grade 11

Lily Bello, Jack Breton, Melanie Burns, Chianna Calafiore, Audrey Coleman, Andrew Console, Caroline Coyne, JinTao Feng, Kyle Flynn, Dorris Gallari, Joseph Gaudet, Lindsey Gordon, Emilie Gray, Kaleigh Hart, Idalis Irizarry, Matthew Jablonka, Matthew Keefe-Stefanik, Kelly Lamo, Lynne Landers, Jordan Laske, Timothy Laurito, Kerry Lindquist, Justin Michaud, Amiel Monasterial, Emma Peak, Braden Plant, Brianna Platania, Madison Raposo, Samantha Rosa, Christopher Santos, Joyce Santos, Steven Santos, Andrew Sanzaro, Alyssa Schroll, Nora Serrao, Hsa Shee, Trisha Signorello, Gabriela Silva, Jacklyn Snide, Bianca Tata, Sabrina Torres, Sarina Tucker, Samantha Urban, Ricardo Velez, Payton Viner, Jocelyn Wilcox, Yiqian Zhuo and Jillian Zuidema.

Grade 12

Alicia Ademi, Kris Agolli, Madison Albright, Lauren Arienzale, Claudia Barone, Alexander Bartis, Luis Bolorin, Andrea Bucknam, Micah Burnett, Dilan Cabral, Lauren Cardenas, Alexandria Casertano, Nicholas Cusano, Leiah Cutkomp, David Dale, Abigail Davis, Christina DeAngelo, Emma Detrick, Alyssa DiFiore, Zoe Direnzo, Carter Dizes, Stephanie Emmanuel, Rosmarie Faienza, Margaret Fitzpatrick, Sophie Fortunato, Pierre Franklin,

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HONORS

Grade 9

Mark Accarpio, Matthew Accarpio, Zoe Adams, Vanessa Ajodhi, Dino Alihodzic, Ashley Anduha, Kate Ayers, Monica Bongiovanni, Ajalon Brereton, Mairead Breton, Joshua Chamberland, Kacia Claffey-Hesseltine, Marissa Colangelo-Deluca, David Colon, Paige Contenta, Evan Copeland, John Cravero, Kayla Cruz, Tyler DellaFera, Olivia Destefani, Cenia Diluvio, Brianna Dreger, Katharine Edwards, Cameron Elliott, Craig Elliott, James Errickson, Annisa Ferguson, Eden Fritz-Aguiar, Deandre Garib, Katelyn Glendon, Riley Grenier, Aliza Gul, Rachel Hall, Nicholas Hetherman, Tai Huynh, Luca Isaila, Madeline Johnson, Kylie Judson, Anna Kallajian, Arber Karamanaj, Megan Keleher, Luke Kelleher, Agron Konjusha, Nathan Labbe, Cassandra

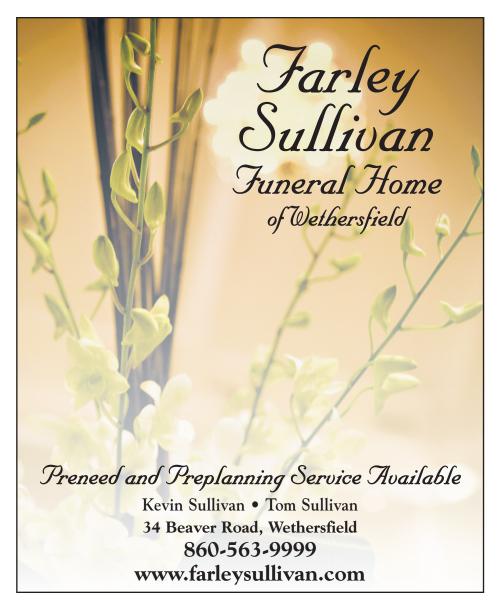
Landry, Jacob Lepore, Emily Litke, Anthony Lopez, Joshua Malizia, Michael Manousos, Patrick Martin, Sarah Maya, Abigail Mayfield, Lauren McAlister, Tanya Messenger, Jacqueline Moquin, Lejla Muskic, Erin Nargi, Dylan Olesen, Jenesis Ortiz, Sydney Ouellette, Jenna Pare, Daniel Parker, Foram Patel, Jake Peckrul, Kelvyn Perez, Taylor Pitchell, Chit Po, Kevin Rascius, Wilmer Rivera-Ortiz, Ryan Rodrigues, Raul Rodriguez, Jacob Schlapfer, Dimitri Shaposhnikov, Chloe Sisson, Caleb Skowronek, Aidan Stec, Shantall Teran, John Tine, Adel Turkovic, Micaela Uccello, Rachel Vasel and Sophia Zagaja.

Grade 10

Andi Agushi, Mauro Alamo, Lance Amodeo, Rachael Amoruso, Grant Anderson, Madelyn Barone, Brendan Barry, Drin Berisha, Alexander

Bielak, Ashley Bilello, Safiye Boluk, Zachary Bonfiglio, Austin Bovino, Gavin Burns, Kendall Cathcart, Benjamin Cholewa, Julia Chrostowski, Spencer Clift, Joshua Cronkhite, Jessica Darby, Lindsey Davoren, Odalys DeJesus, Jennifer Denz, Alexandra Dizes, Brendan Dowd, McKayla Dreger, Jacob Driscoll, Nathan Everett, Alison Fitzpatrick, Blake Fulton, Christine Gallares, Ismael Garcia, Joshua Gray, Kenneth Harrison, Tatiana Henry, Jonathan Hopkins, Malon Johnson, Samantha Johnson, Brian Kallajian, Alexis Kallicharan, Conor Keane, Caroline Kennedy, Petrit Kerci, Christiano Labella, Julie Lamore, Irene Laramie, Henry Lopez, Timothy Malave, Katia Malinguaggio, Hannah Martin, Ashmin Martinez, Marlena Monroe, Lianna Montalvo, Julia Morrissey, Michael Mozzicato, Maya Mulholland, Lexi Munger, James







O'Connor, Filip Ogniewski, Peter Paruta, Micaela Pereyra, Olivia Purinton, Jacqueline Reategui, Samuel Reichelt, Emma Rocheleau, Barbara Rodriguez, Juliana Rosa, Jane Rumley, Mirnes Sabanovic, Nilshali Sanchez, Kaitlyn Sargis, Rachel Sargis, Cassandra Scalora, Joseph Scheuermann, Isabella Schroeder, Kieran Senk, Ryan Skelly, Tessa Slesinski, Nathaniel Sommers, Will Stabach, Maura Stewart, Alex Tawrel, Samuel Tenney, Eric Torres, Kassandra Torres, Garrett Tougas, Chloe Troy, Victoria Tucker, Vanessa Valle, Samantha Vargas, Mallory Walker, Haley Weinberg, Rachel Wilson and Olivia Zurzola.

Grade 11

Kady Allen, Nicole Arcari, Daziyah Armstrong, Rachel Bahouth, Taylor Bradley, Victoria Brazel, Ashley

Burkell, Anna Cannata, Mariana Carcia, Devyn Clark, Jacob Colbath, Alex Cotto-Rosario, Destiny Cruz, Megan Darrell, Avishek Das, Dylan Dellafera, Hannah Desrochers, Molly Desrochers, Dina DiMarco, Fiona Dunn, Jessalyn Figueroa, Maeve Foley, Monique Gardon, Bridget Hattie, Admir Hodzic, Lauren Hubschmitt, Kaitlyn Irace, Abimael Jimenez, Joel Jimenez, Alexander Kauffman, Kathleen Kerekes, Maggie Krawczyk, Amina Kuljancic, Marissa Landry, Megan Lauzon, Sarah Lawler, Aleah Livingston, William Maciolek, Katherine McDonald, Benjamin Milano, Emma Moller, Ashley Morrell, Michael Murphy, Allison Nargi, Aidan Nelson, Elvira Osmanovic, Kate Parker, Andreya Patinha, Matthew Pazdziora, Connor Peterson, Alexandra Pohl, Christian Prado, Madeline Raffalo, Jessica Roberts,

Thomas Roberts, Richard Sipala, Jessica Sitler, Katherine Skowronek, Peter Skowronek, Austin Stefano, David Szymanowski, Lukas Szymecki, Roshanay Tahir, Morgan Tanguay, Sara Trueax, Olivia Tyler, Christian Venditti, Shaelyn Way and Brian Weed.

Grade 12

Sara Aguilar, Alyssa Ajodhi, Briley Bartone, Alexandra Berry, Nicholas Bialka, Zachary Birdsall, Valentina Birritta, Vincenzo Bongiovanni, Cassidy Bourassa, Summer Budaj, Elizabeth Byrne, Julian Campbell, Lillian Ciarletto, Zachary Confalone, Austin Cronkhite, Thomas Erdman, Megan Fabi, Christina Faienza, Kristina Feliciano, Katerina Ficara, Katherine Flynn, Taylor Garrey, Sawyer Gaunt, Max Gentino, Emily Gjuzi-Pantaleon, Aleysia Green,

Daniel Griffin, Thomas Griffin, Peter Hahn, Fatima Haider, Joshua Halla, Meagan Humphrey, Alexis Irizarry, Deanna Kershbaumer, Kyle Klavins, Tate Knapp, Evan Krol, Alan Ky, Paige Landers, Brendan Livingston, Barbara Lombardo, Toryn Malone, Matthew Marena, Mitchell Marena, Parker Maulucci, Matthew McAlister, Sydney Mercier, Madelyn O'Connor, Bhavya Patel, Carissa Peckrul, Ariana Persson, Daniel Purinton, Michaela Ranniello, Charles Renaud, Aleysha Rivera-Delgado, Delia Rondinelli, Jessie Sanzo, John Schmid, Caroline Schryver, Taylor Scutari, Christopher Shimwell, Diana Sitnik, James Slayton, Devon Smith, Joshua Smith, Colin Stewart, Luke Surawski, Alyssa Tonucci, Madeline Turcotte, Gianmarco Venditti, Allison Weed. Matthew Wilson, Eric Wright and Paul Zocco. WL



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 - Protect your legacy

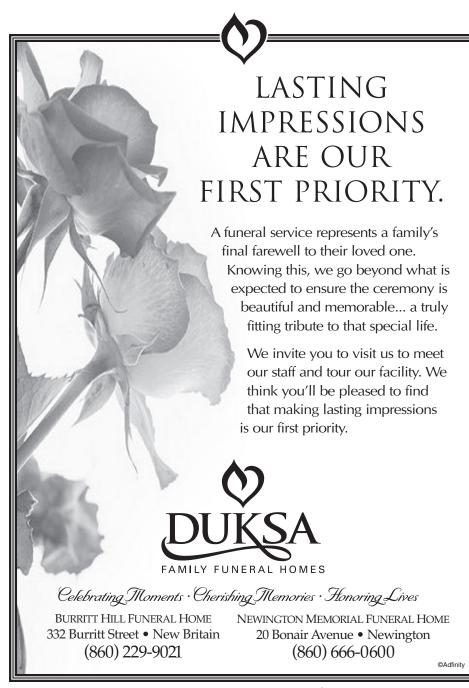
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Better late than never

Ralph Horowitz receives five medals for military service dating from the 1960s

by Mark Jahne *Editor*

alph Horowitz always wondered if he deserved special recognition for his service in the U.S. Navy during the Cuban Missile Crisis. Just one medal, he thought, would be nice.

More than five decades later, he got his wish. But he wasn't awarded one medal as expected. He was awarded five.

Horowitz, now 75 years old, joined the Navy in 1959 and served until 1965 aboard a pair of destroyers, the USS Cony DDE-508 and USS Lawrence DDG-4, one of the first guided missile destroyers. He was part of Task Group Alpha, an elite anti-submarine warfare group.

That task group featured four destroyers, an aircraft carrier and a submarine. It was the height of the Cold War and Soviet submarines were stationed in the deep waters up and down the East Coast of the United States.

"We were a crack team," he said.

They detected several hostile submarines during his tour of duty. On at least one occasion, they chased one away with an underwater explosive

"I enlisted right out of high school. I'm a first-generation American," he said.

His parents were Russian Jews who fled their native country to escape the pogroms and anti-Semitism that were rampant under the dictatorship of Josef Stalin. His father was proud of his son's military commitment, but it took his mother longer to come around to it because of the danger it involved.

Horowitz underwent basic training at Great Lakes Recruit Training Command in Illinois.

Tests indicated that he would excel in an electro-mechanical assignment so that is the

path he followed.

He learned how to perform a variety of functions including how to operate a gyrocompass. That instrument was central to navigation and other ship operations in those days.

"We didn't have GPS back then. I worked all the way up to E5, second-class petty officer," he said. "I loved what I was doing because it was so unique."

He qualified as an IC (interior communications) electrician. Horowitz and the other ICs had to take regular shifts in the gyrocompass room because it always needed to be staffed. It was a lot of responsibility for someone who was only 17 years old.

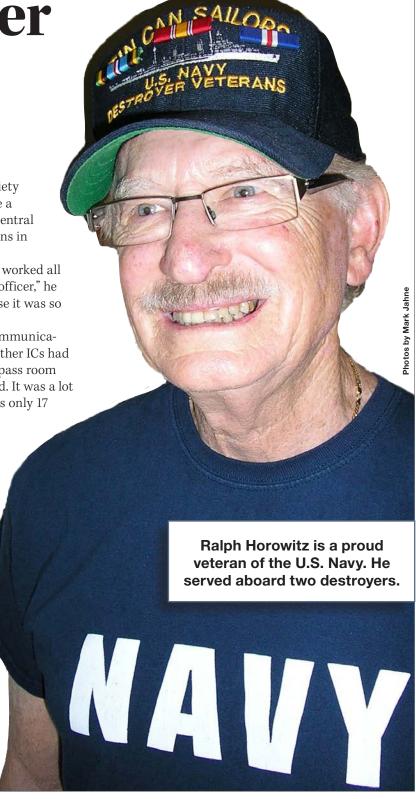
"I grew up fast," he said.

He laughed while recalling that he was paid an additional dollar a month for showing movies to the crew.

The original plan was to serve his four-year enlistment and then return to civilian life and find a career. But because his position and level of training were both deemed of high importance, the Navy wouldn't let him leave.

"I had to extend because of Vietnam," Horowitz said.

His ships were never assigned to that conflict, but they traveled just about everywhere else, including the Atlantic and Pacific oceans and Mediterranean Sea.



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"The scariest part was the Cuban Missile Crisis," he said.

U.S. aircraft had photographed the installation of Soviet nuclear ballistic missiles on the tropical isle located just 90 miles from the U.S. mainland. President John F. Kennedy ordered a naval blockade of the island and America and the Union of Soviet Socialist Republics engaged in a tense standoff that many feared would evolve into World War III.

America arranged for Cuban exiles to stage an amphibious assault upon the Communist-ruled island at a place called the Bay of Pigs. The USS Cony, with Horowitz aboard, was assigned to that invasion.

"We pulled in within two miles of the coastline," he recalled.

It was close enough to see the tracer bullets flying back and forth on the landing beach.

"We loaded ammo for two days. We operated with the Essex," Horowitz said.

The USS Essex was an aircraft carrier.

The plan was for its planes and helicopters to support the invasion and for the Cony to further soften up the beach defenses with its guns. But the aircraft never left the carrier's deck and the Cony never fired a shot because Kennedy and his advisers decided that direct American involvement was too great a risk.

The result was that the invasion failed and most of the pro-American Cuban exiles who landed were either killed or taken prisoner. The Cony



"I didn't know I was qualified to get these." **Ralph Horowitz**

sent a small boat to the beach the following day and picked up a few survivors who had managed to avoid

The crew of the Cony knew something wasn't right in the days prior to the doomed attack.

Sailors were ordered to lower the American flag and paint over the ship's name and service number so that it could not be easily identified as a U.S. warship.

Horowitz was also involved with the early days of the U.S. space program.

"I was on the Cony when Alan Shepard took the first suborbital flight," he recalled. "He flew over us."

The ship was part of the recovery team assigned to the first American space flight May 5, 1961, by Shepard. His capsule splashed down in the Atlantic Ocean.

"We were involved with the Mercury shots and I think one Gemini," he said of later space missions. "We were the closest ship when Gus Grissom blew the hatch and it sank. We picked up Grissom."

That was July 21, 1961. Horowitz witnessed the entire event. The capsule filled with water and sank and a soggy Grissom had to be fished out

This past summer Horowitz attended a 50-year commemoration of the Vietnam War held at Air National Guard facilities at Bradley International Airport.

He spoke to a government official who suggested that he pursue the Connecticut Veterans War Time Service Medal, awarded by the state Department of Veteran's Affairs.

He went though the process and the request was approved. That made him wonder if he was qualified for any other decorations. So he contacted the military side of the National Personnel Records Center in St. Louis.

Horowitz was told that he was eligible to apply for the Navy Expeditionary Medal for his service during the Cuban Missile Crisis. That was approved as well and along with it came a Good Conduct Medal, Armed Forces Expeditionary Service

Medal and National Defense Medal.

"I didn't know I was qualified to get these," he said.

They showed up 51 years after he left the Navy. He is particularly proud of the Good Conduct Medal because it indicates that he did a thoroughly professional job and was never subject to discipline, or Captain's Mast, as it is called.

The experience and schooling he received in the Navy enabled Horowitz to enjoy a successful career in electronics. He worked for several alarm and security companies including ADT, Burns Electronic Security Services, Firelight Alarms, Bryant Electric and Hubbell Building Automation.

"The Navy was the best education I ever got. I never went to college," he said.

He took every possible class he could from its vast array of schools. That made him even more marketable in private industry following his military career.

Those jobs took him all over the country and even for a time to the island of St. Croix. He had two children by his first marriage and later married his current wife Maureen. They have a daughter, Hannah.

Horowitz was a regional sales manager and spent a great deal of time on the road in the days before cell phones.

He was part of the citizens band radio era and enjoyed chatting with the truckers. His handle was the "Kosher Cowboy," something he still uses today. WL







News roundup

Interact starts at Rocky Hill High School

1. The Wethersfield/Rocky Hill Rotary Club has formed a new Interact club at Rocky Hill High School under the guidance of history teacher Jeff Mertens. Interact is a club for youth, primarily between the ages of 12-18, who want to connect with others in their community or school.

Interact Club members have fun

while carrying out service projects and learning about the world. They organize at least two service projects a year: one that benefits their community and one that encourages international understanding.

While Interact clubs receive guidance from Rotary, they govern and support themselves. This is done through fund raising and other events that are held throughout the year. The club plans to take part in







an annual event at the South Park Inn in Hartford at which Rotary prepares and serves a fresh, hot meal to the homeless.

Any RHHS student interested in joining or learning more about the club may contact Jennifer Madley at jmadley@yahoo.com. Any adult interested in joining Rotary may contact Gina Herbaltd at ginahrotary26@aol.com.

Dining for charity

2. The first Mayor's Charity Ball was held the evening of July 3 at Wethersfield Country Club. Among those in attendance were Eileen Washburn, John Magel, Carol Hurley, Mike Hurley, Kerry Zaleski, Mike Zaleski, Amy Bello, Rich Bello, Cindy Lesser and Ken Lesser.

Bell Academy returns

The National Federation of the Blind will once again host a week-long BELL (Braille Enrichment for Literacy and Learning) program for local children ages 5-12. It takes place Aug. 8-12 at the First Church of Christ in Wethersfield, 250 Main St.

In addition to Braille crafts and hands-on projects, there will be games, a field trip to Dinosaur State Park and instruction in independent living skills. Blind people facilitate the majority of the lessons. For details contact Beth Rival or Ellen Schumann at 860-289-1971 or go to info@nfbct.org.

AHEPA honors veterans

The residents of AHEPA 58 I & II on



the Berlin Turnpike hosted a military appreciation celebration May 11. Mayor Paul Montinieri and Town Manager Jeff Bridges were among the officials who attended this function.

The Rhythmairs choral group from the Wethersfield Senior Center provided live music and Vietnam veteran Ron Catania spoke about his experiences and the help the Veterans Administration provided after the war.

The Resident Club provided refreshments and decorations. AHEPA 58 I & II is independent living for people age 62 and older and disabled adults. It is a nonprofit facility of 83 apartments under the auspices of the federal Housing and Urban Development office.

Garden club plants at post office

3. Flower boxes were filled and placed outside the U.S. Post Office on Beaver Road by members of the Bud and Blossom Garden Club.

The six large boxes were planted with knock-out roses, coleus and petunias.

Club members first had to dig out old, useless soil from the planters and then add topsoil and mulch. Flower chairwoman Ginger Smith and Claire Merkel purchased the plants and topsoil and then hauled the mulch from the town facility.

Members helped to plant and were assisted by postal personnel in watering the planters. This is the fourth year that the Bud and Blossom Garden Club has planted at the post office, but it may be the last; the plants were stolen right out of the planters the past two years.

Shown in the photo are, from left, Carole Fisher, Ginger Smith, Maryanne Shinn, Kathy Lagana and Carol Skarzynski.

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Webb hosts summer camp

Camp Invention, a summer enrichment day camp program supported by the United States Patent and Trademark Office and a product of the National Inventors Hall of Fame, is coming to Webb School the week of Aug. 1.

Designed for students entering grades 1-6, Camp Invention is a week-long adventure that features hands-on problem solving using science, technology, engineering and mathematics (STEM).

This camp provides an opportunity for inventive young minds to exercise their creativity and use their imagination in ways they don't normally get to in the classroom. For additional information, including registration, visit campinvention.org.

Celebrating scholars

Wethersfield Dollars for Scholars recently presented its annual scholarships to residents looking to further their education beyond high school. Mayor Paul Montinieri is the honorary chairman of the organization's fund-raising golf outing sched-

uled for Aug. 8 at Wethersfield Country Club and Bill Quirk is the chairman, as well as a member of the Wethersfield Dollars for Scholars

Pay library fines with food

Patrons can pay off their overdue library fines at the Wethersfield Library this summer by bringing in non-perishable food items for donation to the town's food bank. The Food for Fines program will run from July 1-31. Food may not be used to pay for lost or damaged library materials.

Women attend gathering

4. A few of members of the GFWC Newington/Wethersfield Woman's Club recently attended the GFWC State Convention. They are, from left, Jo Late, Donna Recknagel, Leslie Apostalon (second vice president GFWC Connecticut), Pat Mahoney and Joyce Blake.

Off and running

Cub Scout packs 33, 85 and 246 collectively participated in the Soapbox



Derby on May 7. Approximately 100 Cubs raced their homemade cars while following the longstanding tradition of this event.

Key volunteers included Eric Powers, Frank DiBacco, Pat Adams, Doug Martin, Jeff Farlley, Phil Lombardo, Chris Hookie and Art Bruce. The boys raced at Highcrest School in four heats. Numerous local businesses served as sponsors.

Library closings

The Wethersfield Library will be closed July 3-4 in recognition of the Independence Day holiday. The library will resume its regular hours July 5. It will also be closed on Sundays for the months of July and August. Sunday hours will resume Sept. 11. **WL**



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31						

Drop-in Playtime/ Storytime, 10 a.m., Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary.org, also July 8, 15, 22 and

Fandom Fun, 10 a.m. and 3 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary. org, also July 9, 16, 23 and 30

Bring the Hoopla, 11 a.m., for ages 5 and older, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary.org, also July 12, 19 and 26

Zumba Kids, 3 p.m., for ages 5

and older, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary.org, also July 12, 19 and 26

Leaping Literature, 11 a.m., for ages 4 and older, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary.org, also July 13, 20 and 27

Music Makers, 11 a.m., for ages birth to 3, registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary. org, also July 14, 21 and 28

Hip Hop Class, 3:30 p.m., for grades 2-6, registration required, Wethersfield Library, 515 Silas

Deane Highway, 860-257-2801 or wethersfieldlibrary.org, also July 14, 21 and 28

Saturday Cinema: "Double Indemnity," 1:30 p.m., Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary.org

Book Bites, 6:30 p.m., registration required, Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldlibrary.org

Pizza and Pages, 6:30 p.m., for grades 4-6, registration required. Wethersfield Library, 515 Silas Deane Highway, 860-257-2801 or wethersfieldli-

Todd Brodeur's World Class Frisbee Show, 5:30 p.m., for ages 5 and older, Pitkin Community Center, 30 Greenfield St., 860-257-2801 or wethersfieldlibrary.org

Is your club, community organization, school or house of worship holding an event open to the general public? If so, please send us the details for inclusion in our calendar. Email your events to Mark Jahne at mjahne@turleyct.com or mail them to Turley CT Community Publications, 540 Hopmeadow St., Simsbury, CT 06070





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Walk on the historical side

New Heritage Walk signs encourage people to rediscover Old Wethersfield

by Mark Jahne

Editor

ethersfield is arguably the oldest town in Connecticut; that old debate with Windsor never really was settled. The local historic district is teeming with life and the town's Tourism Commission wanted to do something to help people discover, or rediscover, its colorful history.

That concept took a delayed but satisfying step forward May 28 with the unveiling of the new Wethersfield Heritage Walk. A self-guided, threemile tour, it brings attention to historic homes, museums, shops and other places of interest in the oldest part of town.

The project consists of four kiosks and 18 individual signs. The kiosks are strategically located at the Keeney Memorial Cultural Center, Webb-Deane-Stevens Museum, Broad Street Green and Wethersfield Cove.

Follow the signs to learn about: the keepers of local history; Comstock, Ferre & Co.; First Church of Christ in Wethersfield; Hurlbut-Dunham House; Ancient Burying Ground; Buttolph-Williams House; first English settlement; Wangunk tribe; Pequot War; Old Academy; Red Onion; James Francis House; Millionaires' Row (Standish Park); State Prison; Prison Cemetery; Cove Warehouse; Hanmer Park and Cradle

of American Seed Companies.

"We had a strategic plan, a master plan for Wethersfield with the National Trust for Historic Preservation," Chris Traczyk said. "The Heritage Walk is really something that came out of that master plan."

She is chairwoman of the Tourism Commission. Traczyk said those who stop to read the signs will learn that such things as making sun bonnets and door-to-door seed sales were originated in this town.

"Connecticut Humanities offered a grant. Tourism has operated on a shoestring budget for many years ... we try to be creative," she added.

The commission consists of 11 people, many of whom have served for numerous years. The hope behind the this project is that it will encourage people to visit Old Wethersfield multiple times.

"We're one of the largest historic districts in the state," Traczyk said. "We have some great shops, some great museums. Take the family for a walk."

As noted in the location map, those who engage in this walk can learn the stories of native Americans, early settlers, farmers, ship builders, sea captains, slaves, soldiers, seed merchants, onion maidens, patriots, diplomats, prisoners, home builders,



Chris Traczyk of the Tourism Commission, Peter Gillespie of the Town of Wethersfield and Amy Northrop Wittorff of the Wethersfield Historical Society celebrate the unveiling of the town's new Heritage Walk.

preservationists and more.

"I have to give a lot of credit to Peter [Gillespie] for being the glue that held us together through this process," Traczyk said.

Gillespie is the town's director of planning and economic development. He is the town government liaison to the Tourism Commission.

"We're so pleased to have this project that has been several years in the making," Mayor Paul Montinieri said to the crowd that gathered in front of the Kenney building for the unveiling ceremony. "It was not an easy task."

He expressed his gratitude to the Tourism Commission for persevering until it became a reality. The project was launched in 2013. A significant part of the work involved deciding exactly what to put on each of the

sign and kiosk panels.

Traczyk said many volunteers participated in that effort. They represented various civic groups and other organizations.

The Wethersfield Heritage Walk was developed through a partnership between the town government, Wethersfield Historical Society, Webb-Deane Stevens Museum and Wethersfield Tourism Commission. It was assisted by grants from Connecticut Humanities and the Hartford Foundation for Public Giving.

"We believe it's really important to understand the importance of the people who came before us," Lauren Miller said, representing Connecticut Humanities. WL

For additional information visit wethersfieldct.com.













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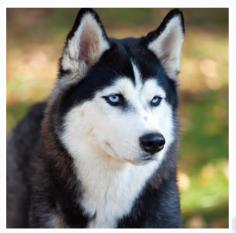
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3rd Annual Wethersfield Fireworks Celebration

The Wethersfield Chamber of Commerce, in conjunction with town government, lit up the sky over Cove Park during its 3rd Annual Fireworks celebration the night of June
11. Hundreds gathered at the park to listen to music, play games and more. 1. Wethersfield Chamber of Commerce President Todd Lamore, event Co-Chairs Joe Mattero
and Alana DiMarco, and chamber Executive Director Leslie Civitello were on hand to make sure everyone had a great time. 2. Lucas Barratt, 5, enjoys his cotton candy.
3. Elias Zraik is the Blaze Off hot wing champion. 4. Maisa Laham plants a kiss on her 6 month-old son Jaison as they listen to a band. 5. Aidin Alihodzic, 16 months, held by
mother Hazmina, is delighted with his light saber. 6. Elizabeth Urso and Gloria Veronesi, friends from their days at New Britain High School, enjoy a chat. 7. Daniella LaPointe,
8, watches as her cousin Nicole Strickland, 12, gets her face painted. 8. The crowd cheers on the contestants of the Buffalo Wild Wings Blaze Off hot wing eating contest.
9. Jessica Cunningham had a blast gobbling up fried dough and drinking fruit punch. 10. Tailgating before the fireworks display was a popular activity, as these sports
parents demonstrated. 11. The fireworks did not disappoint, with more than a half-hour show of pyrotechnics on display above Cove Park.



July 2016 | WETHERSFIELD LIFE 31



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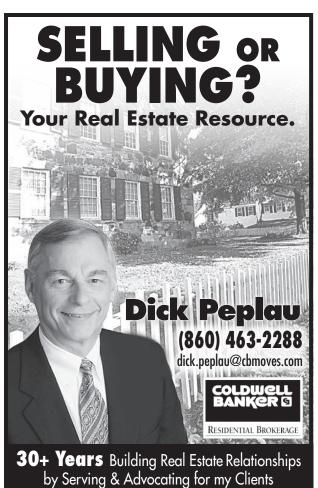
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Letters



What a mess

To the Editor:

Spring is in the air. Everything is in bloom, including all the weeds and overgrown brush around Pitkin Community Center (see photo).

PCC is a focal point in our town, drawing people every day for all types of activities, from programs for preschool children to computer classes to games for seniors. Numerous events are held in the banquet room throughout the year, bringing out-of-town people to Wethersfield, many for the first time.

It's a shame that one's first impression of PCC is so dismal. At a time when we should be enjoying the flowering perennials around the main entrance, your attention is drawn instead to the humungous weeds that seem to thrive so well there.

This is not unusual, it happens every year. Eventually "the town" steps in and does its attempt at landscaping, but next spring everything is back to normal.

The last week in May, people from the town's beautification program made a feeble attempt at adding plants to the two cement pots at the entrance. The Women's Garden Club has already adopted maintaining the flowers at the driveway entrance. Couldn't the Men's Garden Club that uses PCC as their meeting place do the same for the cement

One of the historic homes in Old Wethersfield has a volunteer program of Gardening Angels to help with the landscaping. Could a similar program be initiated using high school students who need to perform community service? Perhaps they could even devote a section of the high school greenhouse to growing the plants they need.

Or a simple and cost-effective solution might be to remove the existing plants around the entrance, plant a lawn, and use potted plants to decorate the entrance. Initially, it might be costly, but it would solve the problem once and for all.

I have mentioned this in the past to town officials and have been told repeatedly that the situation is being looked into, but nothing has changed.

Joe Mehan

Show some neighborly manners

To the Editor:

Memorial Day weekend was winding down. It was around 10 p.m. when the stillness of the night was assaulted by a salvo of extremely loud fireworks. I thought it was gunfire, but then the whistling screech of the decorative type of firework punctuated the air. Another barrage of loud noise followed.

My husband walked the half block to the offender's home to tell them to knock it off. The offenders. lacking the good sense to apologize for upsetting the entire neighborhood, began arguing with my husband. Our street acts like a canyon magnifying voices, so I could hear the conversation.

My husband said he would call the cops. I heard a woman say, "Go

ahead, I have a cop in the family." Like having a police officer who is a relative is some kind of magic pass that allows you to be a bonehead and get away with it.

When the yelling didn't stop, I called the cops. I was afraid the encounter would become more than just words.

While waiting for police officers to arrive, another neighbor came out and told the offenders that my husband was being neighborly by talking to them instead of calling the police and they should just go

I was quite relieved to see my husband walking back; I was fearful for his safety. Three other neighbors from our street were lured out of their homes by the sound of the firecrackers. One of them said her dog was cowering from the noise.

She lived the farthest from the cross street where the offenders were setting off the firecrackers, which I thought were illegal in this state.

Did they know they woke the infant next door to me with their selfish need to make a lot of noise? Did they know how many dogs were suffering because of their immaturity? How many kids who had to get up for school the next morning were

Our society just keeps deteriorating. Rudeness is piled on top of inconsideration. I've invested a lot of effort and money maintaining our home, I don't want to be chased out of it by some boorish, immature bullies.

As 4th of July approaches, don't be thoughtless. Leave the fireworks to the professionals and give the neighbors and their pets a break. Our officers have better things to do with their time, too.

Fran Nikides

Republicans criticize budget

To the Editor:

We would like to express our disappointment in the way the town budget turned out this year.

As council members representing many different families around town, we chose to oppose the budget because it included an unnecessary tax increase and, for the first time

ever, it dipped into the town's rainy day fund.

In order to balance the needs of our town - and save money - we tried to convince the mayor to leave job vacancies open and to ask the school board to fund education programs instead of raises to senior staff. Unfortunately, we lost that argument.

The taxpayers of Wethersfield, including those who live on a fixed income, will once again have to reach into their wallets to make up the difference.

Based on what we have seen in Hartford, next year will be worse unless long-term structural changes are made locally and at the state level. Doing so will give Wethersfield residents a budget that is predictable and sustainable.

It is our belief that the town needs to restructure how it delivers services and decide which services are the core role of government in our town. This will ultimately save money and help define the future.

We, the Republican members of the Town Council, look forward to continuing this conversation and hope by working together we can collectively put Wethersfield on a responsible path that does not continue to dig deeper into your wallet.

> Mike Hurley (Minority Leader) Donna Hemmann Jodi Latina Mike Rell

Corrections

In the May issue, a highlighted quotation in a story entitled "Help your child love music and dance" was attributed to the wrong person. The quotation, which encouraged parents to allow children the freedom of choice to try different musical instruments, should have been attributed to Todd Zurman of Vortex Guitar Studio.

Also, a story about the Wethersfield High School state champion boys indoor track team incorrectly referred to a Troy Murphy. The correct name of this alumnus and multisport star is Tyler Murphy.

Editorial

Get out and smell the fresh air

ummer is here and it's the chance to relax, unwind and enjoy the great outdoors. People complain that it seems shorter than the other three seasons particularly winter - but that's often because they don't take advantage of the warm weather and sunshine.

They let the time slip by as they remain caught up in their worldly distractions and tasks. Then they look up and it's Labor Day. What happened?

For those who can relate to that feeling, plan now while it is still July so that you don't miss out on the season. Book a vacation. Spend a few days at the beach. Take a river cruise, attend a festival, visit a vineyard, attend a concert.

Many area towns present live concerts during the summer months. Most of them feature free admission. Pack up a blanket, a few folding chairs

and some food and enjoy a delightful evening of music al fresco.

The are numerous state parks and forests open to everyone either for free or a nominal admission fee. Some have places where one can fish and swim. They all have land that is suitable for hiking and, in many cases, bicycling.

Why not take a walk through the woods? No GPS, no video games, just fresh air. Stuff the cell phone in the back pocket and resist the urge to pull it out every 90 seconds to see if there are any text messages or social media updates.

Enjoy the world in which we live. Notice all the different species of trees that call Connecticut home. Take in the beauty of wild flowers. Bring along some binoculars and see how many different birds and animals you can spot.

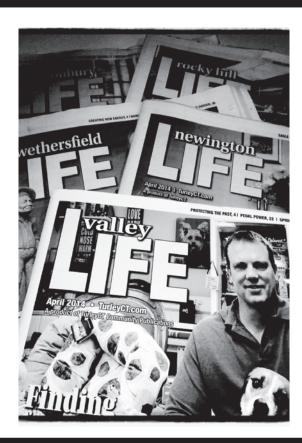
Local parks have multiple

attractions as well including swimming pools, playscapes, picnic areas, athletic fields and more. Various clubs and organizations offer festivals with ethnic food and culture.

Newington options include two outdoor swimming pools and tennis courts. Wethersfield and Rocky Hill have dog parks, swimming pools and athletic fields, as well as riverfront land open to the public. All three towns have parks and other places where walking is ideal.

Those who grew up in the 1960s and 1970s will remember their parents clamoring for them to turn off the television and go outside to play. The distractions for today's youth are cell phones and video games, but the encouragement to get outside and see the world remains the same.

There's plenty to do this summer. Jump right in and enjoy it.



#wethersfieldlife @turleyct

Snap a photo around town, share it on Instagram, and you might see it in these pages.



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EDUCATION

Educational QUEST

Promise to son leads to pilot program at USJ

by Lynn Woike LIFE Staff

Jamie Roland's friends graduated high school, he said they went on to attend the University of Connecticut, American University, the University of North Carolina, the University of Rhode Island and the University of New Hampshire. Then, his sister left home for their mother's alma mater, Union College in Schenectady, New York.

When he graduated from Hall High School in 2014, Jamie Roland said he wanted to go to college, live away from home and have a roommate, but there was no college in Connecticut with a program for intellectually challenged young adults.

His parents, both physicians, made him a promise: he would attend college. It took years to keep that promise, but Dr. Lisa Roland had no intention of failing.

"The long, involved process was very personal," she said, calling herself "an instigator."

"About 2 1/2 years ago, I started really looking into college programs for individuals with intellectual disabilities, and I noticed ... there are 250 program around the nation. ... Not a single one was in Connecticut," she said.

Of those, only about 50 are residential, the closest being outside of Albany, New York, and in Cambridge, Massachusetts.

"I started talking to people about a potential program here, and everyone I spoke to was very much in favor of starting a program in Connecticut," she said. "In addition, it became very important to me to have Jamie go to college in the state where I hope he will live. Why would I send him to Albany to go to college, find a job and learn the public transportation routes if I hope he would live in Connecticut? It just makes sense that he should go to college in the place where he hopes to live so he can find a job, learn the bus routes and enjoy the community."

Roland

began to reach out to individuals who might be able to help. A committee of about 50 people from all over the state came together quickly, with representatives from the legislature, nonprofit organizations, professors, self-advocates, students, parents and siblings, transition coordinators and teachers.

"It's been wonderful. We've grown tremendously and we've gotten a lot of support from everyone we've spoken to. ... We've had the unanimous support of this operation," she said, listing such allies as state legislators Beth Bye, Joe Verrengia and Joseph Becker, and U.S. Sen. Richard Blumenthal.

Dr. Sheetal Sood, associate professor and director of special education at the University of Hartford, was one of the first people Roland contacted when she began forming a committee.

"She's been my guardian angel. I call her my Mother Teresa," Roland

"A college program dedicated to including individuals with disabilities will allow young adults with disabilities to not only be a part of an experience that everyone should have but also be a stepping stone for them to be independent," Sood said. "It would be an opportunity to help them access education that will train them to obtain a job like any other adult. I believe that such a program will also contribute to the progression towards equality and diversity in the field of higher education."

The group met formally and informally. Subcommittees were formed. There were conference calls.

"We researched probably about two dozen different college programs," Roland said.

The goal was to start a residential program, she said, explaining that living away from home was a "huge piece" they didn't want to do without, because it is only in that setting that



Dr. Lisa Roland promised her son, Jamie Roland, that he would go to college, and then worked to make that experience possible.

independent living skills can be learned.

"Here at home, my husband and I are enablers," she said of their constant prompting.

"There's a lot of living and learning that takes place when our young adults don't live in the home anymore, and that's a huge piece of independence, and a lot of us want that for our children. We don't want our kids to be reliant on us. We want them to be as independent as humanly possible. All of us want to teach our kids how to fish. We don't want to keep giving them a fish."

The program she wanted would prepare them to live, work, shop and pay taxes in their communities.

"We want to break the cycle of poverty," she said. "We don't want our kids dependent on social security or

[the Department of Developmental Services] or Medicaid. We want our kids to have a meaningful life with a meaningful job. Sub-minimum wage is unacceptable. Sheltered workshops are unacceptable. Our kids deserve better. It's time we took them out of the shadows ... [and] give them the opportunity to make their own choices," Roland said.

If her son becomes independent and has a job, she estimates that it will save DDS \$2 million over the course of his lifetime.

"We're talking about saving the state money. When our young adults become more independent, their needs go down tremendously, so that saves the state more money. They don't need Medicare because they're getting private insurance. They don't need DDS services because they can

do things on their own."

Until this spring, "there had been a lot of no's," Roland said.

Then, the University of Saint Joseph said yes.

"The why is easy," said Dr. John Molteni, associate professor and director of the Institute for Autism and Behavioral Studies. "We have this history of serving individuals with intellectual and developmental disabilities."

The university was looking at various options to expand, he added.

"We were considering alternative programming for students that we are currently serving," he said, when Roland presented them with her vision.

It fits with the university's mission and provides the opportunity to serve students between the ages of about 21-25.

"We moved quickly. We're looking to launch in the fall," Molteni said.

Provost Dr. Michelle Kalis noted, "The university also has a history of responding to the needs of the community."

The pilot will be a unique program within the university that builds on the expertise of faculty and staff committed to supporting choices available to students after their educational eligibility ends.

Called Quality University
Experience and Supported Transition, or QUEST, Kalis said the program will have the same academic calendar as the college, with classes held weekdays from 8:30 a.m. to 4 p.m.

"It blends in with the university life as a whole. ... There will be opportunities for students in this program to interact with our college students and the opportunity for our college students to mentor them, acting as buddies," she said.

Five students are needed for the program to start. If there is sufficient interest, up to 15 can be accommodated the first year.

Applications – available on the university's website – will be screened. Students meeting the criteria will be invited for interviews, and offers will be made based on those interviews, she said.

Each student will have a program tailored to his or her interests and goals, and will include classroom experiences, vocational work and life skills.

"It's going to be a lot of one-oneone working with students to determine what their interests and the skills they need to do it," Kalis said.

Successful QUEST students will receive a certificate of completion.

"We have a strong program in special education as well as applied behavior analysis, and we have a lot of interests and expertise in this area throughout the university. We really feel that this will be a program that benefits not only the students who attend the program, but the university as a whole," Molteni said.

Roland said, "This is their program that they're going to do. They're the experts in the arena of

special education."

She praised them, calling them "amazing, creative, out-of-the-box thinkers" who will "make this work."

"We're so excited; we can't wait. It's awesome," she said.

Jamie Roland smiles wide when talking about the prospect of spending his days on a college campus in the fall, and finding a path to his future.

He's gotten a taste of the college experience – taking a class and making friends at the University of Hartford while working in the computer lab on campus, sorting and delivering mail, and helping professors with paperwork for their classes – and loved it.

"I do not believe that he would be this happy if he were working at a different location," Lisa Roland said. "He loves being with his age appropriate, non-disabled peers. It has been a huge boost to his confidence and sense of achievement and we owe it all to Dr. Sood."

While a residential piece may be possible in the future, it will not be offered when the QUEST program begins in

August, Kalis said.

That was a compromise, Roland noted, adding, "There are these beautiful, brand new apartments that are being built literally right behind Saint Joe's, and there will be a pathway that's no more than 20 yards ... right to the campus."

She said the builder is willing to work with her steering committee as the opening grows closer. Her plan is to rent one of those apartments for her son, noting that students who choose to live in the apartments will gain independent living skills and still be able to integrate into the campus.

Roland is also seeking state schools to offer the program on a larger scale, at a more affordable price, and with all students being able to live on campus.

"The cost factor is huge," she said, noting, "There was nothing to save for when my child was first born. We'd like to give families the opportunity to find a less expensive option." WL

Applications are available online from the university's website: usj.edu. Questions can be directed to quest@usj.edu.

"We have this history of serving children with intellectual and developmental disabilities."

-Dr. John Molteni







Girls change their expectations

JA survey finds more young women now

expect income equality when they grow up

by Mark Jahne LIFE Staff

here has been debate for decades about the different wages earned by American men and women for performing the same jobs. That filtered down into the minds of teenage girls, who, in national polls, tended to indicate that they saw such gender inequality as problematic, but also the reality of the business world.

Not anymore.

For the first time, teenage girls now have the same income expectations as teenage boys, according to a national survey compiled earlier this year by Junior Achievement and Voya Financial. The main question posed was, "Do you think you will make more than \$35,000 per year in your first job?"

In the 2014 survey, 44 percent of male respondents and 35 percent of female respondents said yes. This year, the numbers were 40 percent for males and 41 percent for females.

"The gender gap in expectations has been wiped out," stated a news release from Junior Achievement of Southwest New England, based in Hartford.

Lou Golden, the president of Junior Achievement of Southwest New England, said there has been a lot of

talk about equal pay for equal work.

"These results suggest that these efforts may be having a positive effect on young women's expectations of what they should be paid as adults. That's good news, and long overdue," Golden said. "We have regular surveys that we do with young people. It reflects what's going on in the world, the awareness of a lot of societal issues by young people."

His agency has partnered with the Junior League of Hartford to offer JA Career Connections For Young Women. This program is designed specifically for high school students and includes an 11-week after-school academy and job shadowing opportunities.

"We work diligently to prepare young people for their own economic success. That is as true for girls as for boys, and it's promising to see that progress is being made," Golden said.

The national survey of 1,000 teenagers also found that nine out of 10 expect to attend college. Forty percent expect financial aid in the form of scholarships or grants. Twenty-one percent expect to receive financial support from their families.

Seventeen percent plan to work to earn money for college, and 11 percent anticipate taking on student loans to provide for their further education, the latter a number the JA

considers unrealistically low. The agency cited data from the Institute for College Access and Success that indicates 69 percent of students who graduated from public and nonprofit colleges in 2014 had student loan debt averaging \$28,950 per borrower.

The percentage of college gradu-

ates with student loan debt over the past decade has increased and the average amount owed is more than twice the rate of inflation. In Connecticut, 62 percent of college graduates faced an average debt upon graduation of \$29,750.

Those interested in learning more about this and other Junior Achievement surveys can go online to ja.org/news. WL







Remembering that special class

Te asked prominent people in town to college that had a lasting impact on their lives, and why. Here are some of their answers



"Working With
Curriculum: Stonehill Prof.
Albert Cullum taught that
learning should be joyful
and playful, as excitement
and productivity are
linked. As a teacher,
his words guided me in
turning children on to love
learning."

- Board of Education Chairwoman Barbara "Bobbie" Granato



"A couple classes stand out for me. Ninth grade art with Mr. Mondo, because of the different media that we were exposed to. Pen and ink, calligraphy – which I had to learn to do right-handed – I am a lefty. I have continued to use that skill for many years. He was a great support and inspiration."

- Town Councilor Donna Hemmann



"Fourth grade at Francis
Stillman School with Mrs.
Stockwell. It was the age of
innocence and learning,
understanding and respect.
[She] worked with every child
and treated us as if we were
her own. She was thoughtful
and prepared. She
encouraged me to work hard,
study, be a good person and
reach for the stars."

- John Cascio, executive director Connecticut Funeral Directors Association



"I found that the most impactful classes I experienced were those where my teachers encouraged and challenged me. Knowing that my teachers cared about me as a student and a person motivated me to reach great heights. I have applied this belief within my career as an educator."

- Superintendent of Schools Michael Emmett





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abysitting is a rite of passage – and source of income – for many teens. Since there's more involved with babysitting than simply hanging out with a child, many youth turn to locally offered classes to learn the basics.

When Rita Chhabra's daughter, Avani, an eighth-grader at Griswold Middle School in Rocky Hill, was ready, she signed her up for a course offered through Rocky Hill Parks and Recreation.

"I wanted her to have a better understanding of the knowledge and skills needed to provide a safe environment while taking care of an infant or child. I also wanted her to have confidence in herself while being responsible for the children," she explained. "The whole five-hour course taught her so much and was extremely detailed and thorough, but I believe the first aid section, learning rescue breathing as well as other strategies for handling emergency situations, is something everyone should know."

Avani completed the American

Red Cross Babysitter Training Course April 10 in a course taught by Nancy Brescia, APRN.

"I wanted to take this class because I babysit for my cousins and I wanted to improve my skills," Avani said. "I think the most surprising thing I learned was about how many children suffer from food allergies."

She said the class has already made a difference in how she approaches babysitting.

"I have more patience and I problem solve when the children are fighting. I also have become more creative when thinking of fun things to do and I have become a better communicator," she noted.

Livia Jacobs, aquatics/recreation supervisor with Rocky Hill Parks and Recreation, said the course is offered a few times a year.

"We offer it a few times a year and it generally fills up with 10 to 15 students. Anyone ages 11 to 15 can take the course, but we predominantly have girls taking it," she said.

"It is not required to be a babysitter, but I think that parents might feel more comfortable if the sitter has the certification."

The Red Cross offers several course options, according to Stefanie Arcangelo, chief communications officer, American Red Cross Connecticut and Rhode Island Region, which is based in Farmington.

"The Red Cross offers three different babysitting courses.
The courses are designed for new babysitters and childcare professionals, and the childcare training courses allow individuals to gain the skills necessary to care for kids of all ages," Arcangelo explained.

Babysitting Basics is a self-paced online course, which was created for those ages 11 and older.

"Our online babysitting training course can help you learn how to provide care for infants and children, understand what to do in an emergency, choose age-appropriate activities, recognize and handle a range of behaviors [and] learn how to start your own babysitting business," she said.

The in-person Babysitter's Training is recommended for those ages 11 to 15.

"This course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid," Arcangelo said.

Advanced Child Care is offered both online and in person, and helps participants gain the skills to care for children and infants inside and outside of the home.

"The course delivers leadership training, child behavior and discipline training, as well as information on professionalism, safety, basic childcare and more," she noted.

The Red Cross also offers first aid and CPR/AED certification courses.

While the basics of babysitting have remained the same through the years, Dawna Shepler, regional manager with Lifesafe Services, LLC, said today's babysitters have much more information at their disposal.

"I feel that [babysitting is] the same in terms of providing purpose and finding value within the community and social environment; and

that it differs in terms of available resources, including the Internet. The modern-day babysitter has much more to draw upon for their future actions regarding caregiving and community building skills. This level of training, with all of the new resources, offers so many opportunities for young community members to begin to take more self-worth into our collective future," she said.

Lifesafe Services, headquartered in Jacksonville, Fla., offers two courses, which are held at locations throughout the country.

In Connecticut, they've offered more than two dozen classes so far this year in towns across the state, including West Hartford and Simsbury.

Their advanced course teaches child/infant CPR and first aid.

"Students get a two-year certification in CPR/first aid," Shepler said.

She said that while some states have regulations, an average age to start babysitting is 12.

"Before they are ready to be on their own, no matter their age, if they do not have any caregiving experience, it is more appropriate to become a Mother's Helper and integrate more with hands-on training, as early as 11 years old," she noted.

Arcangelo said while children as young as 11 can enroll in the Red Cross. Babysitting Basics course, parents should consider their own child.

"Each individual is different, and there are a lot of factors that go in to directions well and [enjoying] being around children," Jacobs said.

"Experience, common sense and a deep caring for others makes a good sitter," Shepler noted.

Parents should take time when choosing a sitter for their children.

"When looking for good sitter, don't skip a comprehensive interview important data is to both parties, so that all works well, and safely, for everyone," she said.

After the prospective babysitter passes initial muster, Shepler recommended having a second visit, where the babysitter comes and interacts with the children while the parents are home.

"[That's] the best way to follow up after the initial meeting and informational exchanges," she said

Parents should review the background of the prospective sitter.

"When hiring a babysitter, parents should choose someone they feel comfortable with, who they know to be trustworthy, reliable and responsible. Also, having a sitter who is trained in first aid, CPR and AED is an important consideration," Arcangelo said.

Parents should make their expectations clear, including addressing technology.

"The best thing for parents to do would be to outline their expectations for technology use for both the sitter and for their own children up front." **WL**

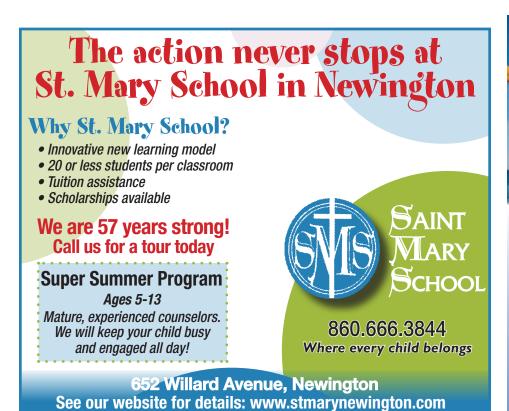
"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children."

- Livia Jacobs

whether or not a specific individual may be ready to take on the important role of babysitting someone's child," she said.

There are a number of traits that make for a good sitter.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] meeting with each other. A checklist of questions regarding the details of being in charge in their house is the backbone of the relationship. This is not an interrogation, but rather a well-thought out list of questions, procedures, schedules and location of household emergency items. The babysitters' classes emphasize how







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Mikey's Place Charity Golf Classic

June 25, 1 p.m. Goodwin Park Golf Course 1130 Maple Ave., Hartford 860-965-8551, 860-529-2711 or mikeysplaceplayground@gmail.com Proceeds from this 15th annual event will benefit Mikey's Place and research into spinal muscular atrophy. The registration fee of \$130 per golfer includes light lunch on the course and dinner after the tournament. Proceeds from this event will benefit both the Mikey's Place

Preservation Fund and Cure SMA. Cure SMA is a national, volunteer, not-for-profit organization dedicated to raising funds for research of spinal muscular atrophy.

Wallace Nutting: Preservation Pioneer

July 4 through Oct. 30 Joseph Webb House 211 Main St. 860-529-0612 ext. 12 or webb-deane-stevens.org Among the "10 commandments" Wallace Nutting distributed to the workers building his line of furniture was the decree: "Let nothing leave your hands until you are proud of the work." His attention to detail and his ground-breaking accomplishments in promoting American history and antiques will be celebrated in this exhibition that will debut exactly 100 years after he opened the historic Joseph Webb House to the public for the first time July 4, 1916. The exhibit is taking place in collaboration with the Wallace Nutting Collector's Club. Admission is \$10.

Outdoor Summer Pilates Classes

July 9 and 16, 8 a.m. Broad Street Green 860-748-7574 or

maggie@personaleuphoria.com Personal Euphoria is a local business that offers Pilates and other fitness classes through local parks and recreation departments, businesses and universities. Its annual free classes on the Broad Street Green are

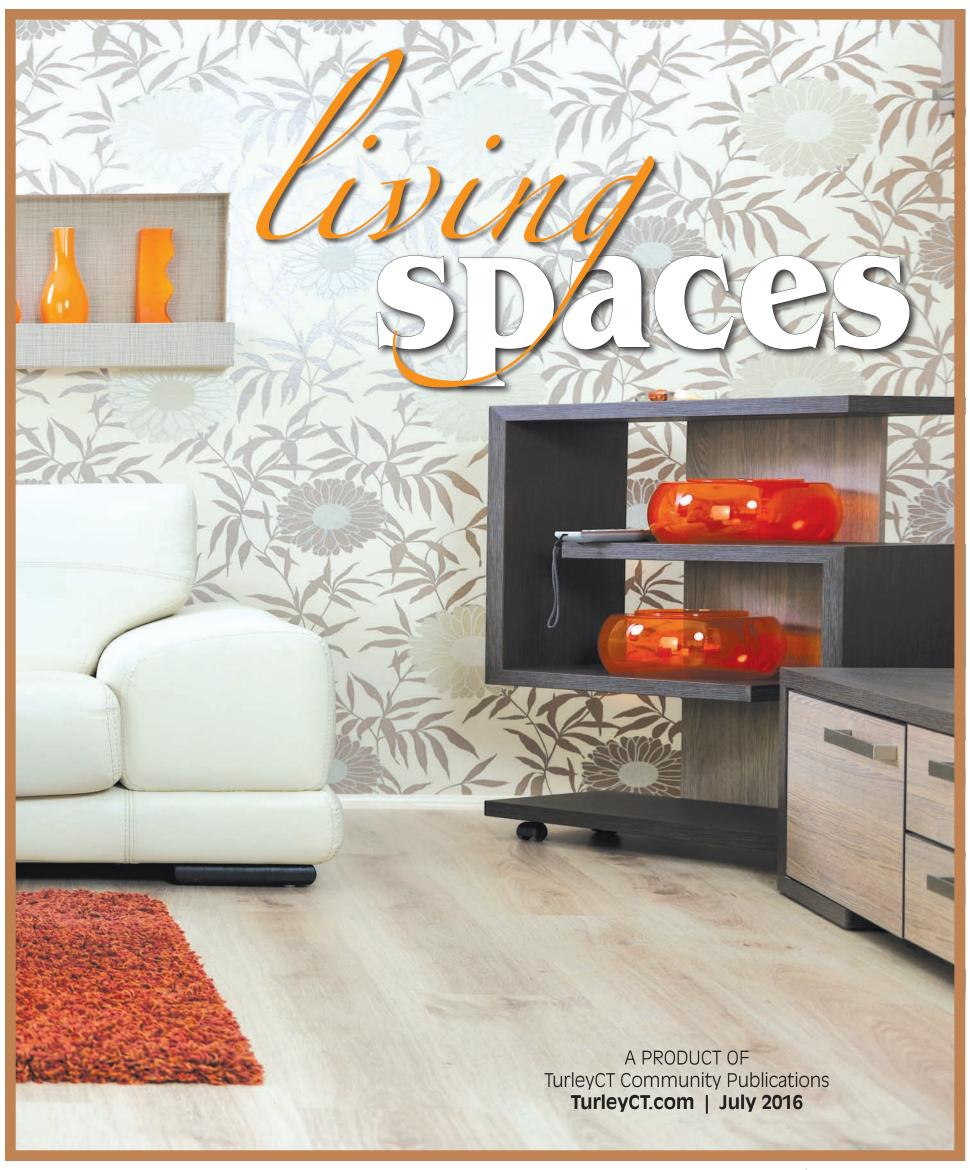
intended to get people moving in the morning and then they can stroll the streets, visit a restaurant for breakfast and enjoy the shops of Old Wethersfield, or simply play in the park.

Keeney Koolers Concerts

July 12, 19 and 26, 6:30 p.m. Keeney Memorial Cultural Center 200 Main St. 860-529-7656 or

wethersfieldhistory.org The Wethersfield Historical Society presents its annual series of free outdoor summer concerts sponsored by the Robert Allan Keeney Memorial Fund at the Hartford Foundation for Public Giving. Bring lawn chairs or a blanket and some refreshments. Number Nine, a Beatles tribute band, performs July 12, followed by the Argiro Quintet July 19 and Latanya Farrell July 26. If the weather is bad, the show will move indoors to the Keeney Center's ballroom. WL





THE ILLUSION OF SPACE



Experts offer tips to make your rooms look larger or smaller

by Alicia B. Smith *Staff Writer*

one are the days when small rooms feel cramped and claustrophobic, or larger spaces seem cavernous. With a few decorating tips, each space in your home can have just the right, comfortable look no matter how large or small the space may be.

Interior decorator Claudia Rucci of Claudia Décor in Canton lives in a challenging space and can relate to many of her clients' issues. Her home has a large, open contemporary design. When it came time for her to decorate her personal space, she took inspiration from hotel lobbies and she often suggests the same to her clients.

"Like a hotel lobby, break it into

conversation areas," she said of those large rooms in your home that you would like to make more cozy and intimate.

Homeowners can create a reading area in one part of the room and a place to talk in another.

Area rugs can help define individual areas within a larger space, said Heather Grahling, owner of Vivid Hue in Farmington.

Painting accent walls is another way to help a large space feel more comfortable.

"I have four different colors in this one long expanse," Rucci said of her living room. "You want warm colors to make you feel cozy."

Another way to use color in this type of space is to opt for dark floors and lighter colored walls, or darker walls with lighter flooring, but don't do both dark or both light.

Lighting can also have an impact. Good lighting in each of the smaller seating areas that have been created help to make the space feel more intimate.

Living rooms are not the only large spaces. Rucci said many of these design principles could also be used in bedrooms – arranging one area for the bed and another for a sitting area – as well as in other parts of the house.

Another way to work with large room is to place items closer together.

Items such as window treatments in larger spaces can be thicker to create a warmer atmosphere, as can using more tactile fabrics.

For those with less space, there are plenty of options that give a more spacious feel.

"You don't want every small space to look bigger. If you want it to look more intimate, there is no reason to have a light color."

- Sue Cesana

"The main tips for small rooms are obviously bright, light, airy colors," Rucci said. While it is not necessary to have a monochromatic color palette, it is best to keep paint colors in the same tone.

Another option is to do away with window treatments, unless they are needed for privacy. If you do prefer to have curtains, opt for a lighter fabric or sheers.

Many, Rucci said, make the "classic mistake" of pushing all the furniture against the walls of the room. A better option would be to float the furniture in the space so that people can walk around the pieces, which gives the space a sense of airiness.

When selecting furniture for smaller spaces, look for pieces with exposed legs and clear coffee tables.

"Mirrors reflect light," Rucci said, adding they can be used in small spaces.

She dispels the myth that smaller spaces need smaller furniture.







While it might not be best to place a large sectional sofa in a small room, there is no reason to shy away from larger pieces.

"If you have one giant couch, I'd stop there," she said. "I wouldn't go get a million giant overstuffed chairs."

Grahling agreed, saying, "Many people are under the misconception that when you have a small room, you need to fit smaller pieces into the space. Quite the opposite is true. Minimize the clutter of lots of little tables and bookshelves and chairs. Instead, if you have a few larger pieces of furniture, it will minimize clutter to the eye and make the room actually appear larger."

Minimizing clutter is the key, Grahling said, offering some creative ways to do it.

"Make use of hidden areas by using an ottoman with hidden storage or a bookshelf that neatly displays smaller items. Also, hanging a shelf high – almost along the ceiling line – is a unique trick to extending the length of the room and making

it appear larger."

Sue Cesana of Mahers Paint, with locations in Simsbury and Avon, suggested looking at the lighting in smaller spaces. If the room has several windows and gets a fair amount of natural light, this may allow for using a darker color.

"I think in those cases, you can have a better effect by not doing a lighter color on the walls but on the trim, with the wall being slightly darker," she said. "It will recede like a mat on a picture: you focus on the white of the trim, and you look outside."

For those small, dark spaces, Cesana suggests keeping the walls a brighter, lighter color and to keep in mind how the color reflects light.

"You can look at the color strip and see what will reflect light better," she said.

Grahling said, "Soft tones of powder blue, gray and white will create a softer appearance and thus, create the illusion of more space."

 $\begin{tabular}{ll} Ultimately, Cesana\ said,\ it\ is \\ up\ to\ the\ homeowner\ to\ decide \\ \end{tabular}$

what's needed.

"You don't want every small space to look bigger. If you want it to look more intimate, there is no reason to have a light color," she said. "It's a matter of personal preference."

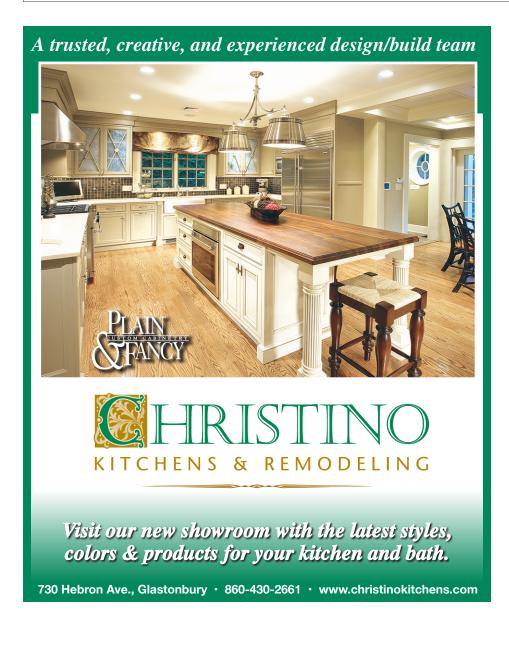
Other options include painting the ceiling, depending on its height and slant. A smaller space can be made to look bigger than it actually is if, in the instance of a slanted ceiling, the color continues up the wall and onto the slanted portion to add more height.

Grahling agreed, saying that "painting the ceiling will add height to the room."

Cesana noted that, increasingly, homeowners are gravitating towards lighter and brighter colors.

"It's a whole cleaner palette than in the past," she said.

"The biggest thing I see from my end is not following personal preferences," Cesana said. "They read this online and listen to people on television and they take it down as gospel; they are afraid to own their likes and dislikes." **WL**







Jaraen Variety See what you can do with

\$500 and a weekend

by Sloan Brewster

Staff Writer

butterfly garden is a fine way to spruce up your landscaping and can be done with \$500 and a free weekend.

"Just a little quiet corner where youcould sit and enjoy watching the butterflies and hummingbirds," said Don Warner, owner of Warner Nursery in Simsbury.

When first considering what a homeowner could do with the money and time, Warner suggested adding some color with colorful annuals or perennials.

Not a bad idea, but then he thought better of it and decided on a more intriguing project.

"How about if we create something?" he asked.

To start, he said to find a nice spot in the backyard where you can enjoy watching butterflies. Add a nice butterfly bush, which will also attract hummingbirds.

"We're going to introduce a bird bath to add something interesting," he added. Next, surround the area with seasonally flowering perennials and, for immediate color, put in some annuals.





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"Look at the color scheme," he advised. "There's such a range of color, from whites to pinks to reds to yellows."

Add plants that complement them or bring in foliage, possibly some hostas for background.

"Edge out that whole area, then mulch it with some kind of natural mulch," Warner said. "And I think once you did all that you'd have \$12.99 left to go buy a pack of beer and go sit and watch the butterflies, or a good bottle of wine."

Jennifer Mooney, who owns Paula's Perennials in West Hartford with her mother, Paula Mooney, liked the idea of the butterfly garden.

"I love the idea about a pollinator garden because we're in serious trouble with bees," she said.

A nice compliment would be to incorporate a shade garden somewhere else on the property, using native plants because they require less care and effort.

"They already know how to survive in our environment," Mooney said. "They're really low risk and they do really, really well."

Native plants are great when you're on a budget.

"They're going come back next year and multiply," Mooney said.

A dogwood is a great tree to plant where there are other trees because they can tolerate shade, she said.

"Start with a tree like a dogwood, and you can plant a garden around it," she said.

Other natives she recommended include echinacea – which would be

not on a budget, buy what you want. Go bananas."

It's important to make sure to prepare the soil properly for healthy plants, and it's best to plant in the spring or summer.

"Cultivate it, take out grass, put in compost," she said. "When you're creating a garden, you have to think sure to buy healthy plantsby pulling them out of the pot and looking.

"If it's been there forever, it's really root bound," she said.

She also advised going to local nurseries, where she said there is usually someone who will help and offer advice about gardening. **WL**

"[Native plants] already know how to survive in our environment.
They're really low risk and they do really, really well."

- Jennifer Mooney

a great addition to the butterfly garden – Ruby Star Coneflower, blackeyed Susans and azaleas.

"[That's] one of the old classics," she said. "It's red; it looks like a daisy."

Stay away from crossbred flowers, especially when working on a budget.

"They don't do as well," she said.
"If you're on a budget, you kind of want to avoid that stuff. If you're

about the roots of the plant. ... It's getting all its water and nutrients through its root system."

Adding some peat moss will help make a healthy root system.

One of the most important aspects, as far as Mooney was concerned, was making









Hail Hallways Get more out of your passageways

by Lynn Woike *Editor*

started my practice in a hallway," said John MacFarlane of JWM Architects LLC in Glastonbury, who offered ideas about how the often boring passageways might be enhanced.

He took off the bi-fold doors to the coat closet in the hallway and added a drafting board, a chair and shelves.

"It was a pretty good workspace. I practiced out of there for three or four years," he said.

This was in 1989 – before computer aided drafting. Now, he looks for transitional spaces, like small alcoves within a hallway, that can be reprogrammed to serve as a home computer station, an office, a homework center or a small reading area.

"I always go after those second floor hallways under the roof volumes," he said. "They often have spaces you can make into a terrific office spaces especially with the current trend of executives working from home. If it is partially open or fully open to the floor below, like a balcony, it also serves as a command station to the entire home – you know where the kids are and what they are doing."

When designing new homes, MacFarlane said one of his favorite "tricks" is to put a window at the end of a hallway, allowing light to come

in and offering a view of the outdoors. It visually reduces the length of the hallway.

In some instances, it would still be possible to add a window – the effort would be worth it.

Art gallery

West Hartford resident
Kirsten Floyd of Kirsten Floyd
Interior Design suggests turning a
hallway into an art gallery by starting with a neutral paint.

"Many colors can be considered neutral; even some grays and blues can be a good background, depending on what you're hanging. For example, if you have black-and-white family photos, a pale blue is a nice backdrop, making the black and white pop," she said.

"If the hallway is narrow, hang art just on one side so that the space does not become too busy," Floyd recommends.

Ideally, the pieces hung should be related in style.

"You could have several different sizes if they are all simple black

frames – that would be what ties them together. You could also collect old frames with ornate moldings and spray them all in silver or gold to

give them a shared relationship."

Floyd offered suggestions for getting a series of artwork – from buying identically framed thematically similar pictures at your local art gallery or buying a vintage book and framing

some of the illustrations. A series of old postcards all framed the same would also be cohesive.

For something different, she suggested using molding to create a frame on the wall, proportional to the size of the hallway, and putting wallpaper inside.

"This is a fun way to incorporate a wallpaper design without committing to the whole hallway," she said.

Whatever you choose, painting the ceiling in an accent color will make the space special. To complement light blue, Floyd recommends a pale coral.

Drama

"I'm all about creating a dramatic space in small tight nooks. Hallways that are dimly lit and long always invite the question, 'What do I do with this space?'" said Kellie Burke of Kellie Burke Interiors in West Hartford. "This allows for the perfect opportunity to make a dramatic statement in your home and step away from traditional hallway decor."

She used floor-to-ceiling artwork to make a lighted, glassy reflective space.

"We are backlighting these acrylic, glossy super-sized art pieces and running them nearly wall to wall, ceiling to floor to create a contemporary art gallery that will add tremendous depth and dimension to an otherwise dark path. It will provide an alter-

nate indirect lighting that is moody and intentionally theatrical," she said.

Hallways leading to bedroom suites with this installation help create a user experience, and it acts as a great transition into the space.



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"The drama comes from the fact that the art pieces are installed from floor to ceiling to cover the majority of the wall. The lighting adds a nice accent and dimension to the otherwise flat pieces. It's a super trendy idea."

Paint

"When an architecturally plain hallway needs jazzing up, turn to paint," said interior designer Patricia Wolf Canzanella of Wolf Interiors.

To make the long, narrow space seem wider and more dramatic, she suggested painting stripes in two colors.

To start, use FrogTape to outline three- or four-foot sections along the floor, going horizontally (the short way, from wall to wall). She suggested a dark color, such as charcoal gray, and white – both in a high-gloss finish – and using floor paint to withstand foot traffic.

For the walls, alternate vertical stripes in the same colors, choosing

paint with a matte finish.

"The ceiling can simply be painted a high-gloss white for light reflection, or, if one is daring, in charcoal gray or another color

for drama,"
Canzanella
said. "There
are endless
possibilities
when planning this look.
Experiment

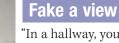
with color and also sheen levels for added interest."

Navy and white would work for a beach house, while gray and chocolate brown gives a masculine look.

"Even adding metallic finishes to the walls or ceiling will provide glamour," she said.

Canzanella recommended painting the hallway's ceiling first, the walls second and the floor last.

"So, measure and divide, tape and paint, and a boring hallway will soon turn heads," she said.



"In a hallway, you'd want to open the space because it's a long stretch and there's lots of ways you can do that," said Judith Bird of Judith Bird Art in Burlington.

Some of the murals she has done in area homes involve trompe l'oeil, a technique that tricks the eye by painting

an illusion of something that isn't there.

"For example, at the end of the hallway, you paint a stone pathway leading to a garden," Bird said. "That opens up the space by creating the illusion of an exterior view."

Including a ceiling mural can also add a sense of spaciousness. "If you had a forest or garden scene, you'd have some of the plants climbing up toward a painted sky," drawing the eye upward and

around the space.

Another way to open the hallway is to use tone-on-tone colors with an oversized, free-flowing pattern, such as leaves or blossoms, that invite the eye to move around the walls.

A wooden floor also offers possibilities, she said.

"You could paint an Oriental carpet that really isn't there to add interest to the space," she said, explaining that all these options "shift the view and add interest to a space that nor-

mally people would walk straight through."

Lighting

Ray Christensen, owner of Ray Lighting Design + Studios, LLC in Hartford has designed cable and monorail lighting for hall-ways, mounting it to extend the length of the space.

"You can hang little light spotlight fixtures

angled to illuminate art or key features such as doorways and steps," he said. **WL**









How to 'summer-ize'

It's time to bring a fresh, seasonal touch to your living spaces

by Alicia B. Smith

Staff Writer





s the weather heats up, it's the perfect time to bring some relaxed cool ness to your home to "summer-ize" your living environment

Ann Wincze, owner of Blumen Laden in Collinsville, has a shop full of blooming ideas, and she has some suggestions that she uses in her own home, too.

One of her favorite summer accessories for decorating is a simple, versatile project. Using a tall, clear glass cylinder, Wincze fills it with different things. It might be a sea theme, with starfish or seashells.

In the kitchen, she will use a similar cylinder and fill it with lemons or limes.

"It gives you fresh look," she said. It's practical too, as the lemons can then be used to make lemonade. Seasonally, Wincze likes to change out the artwork in her home.

"I have winter artwork. The summer flowers and landscapes come out for spring and summer. It can totally transform a room. I also have things for fall," she said.

Wincze said, too, that swapping out her curtains for summer with lighter fabrics helps brighten the rooms.

In addition, she puts up sheer curtains in her screened-in porch.

"It gives it a nice look and keeps the pollen out," she said.

Creating an indoor garden is another way to freshen up a summer room. Using succulents is a great option, they do not require a lot of water. Simply fill a large, watertight bowl with dirt, add the plants and leave it on a counter.

With minimal cost, a room can

be equipped with a lighter, breezy feel by putting slip covers on furniture in a lighter fabric, such as linen. This, Wincze said, can bring in brighter colors and allow for accessories, such as brightly colored throw pillows to add a splash of color.

No one wants to be stressed during the easy-going summer months, so she suggests selecting one or two rooms – the ones you are in the most – to focus on with some seasonal changes.

Emmy Lou DeBari of Emmy Lou's in Glastonbuy has a customer with a side table inside her house that she uses solely for seasonal decorations. As the seasons change, she changes the items on display for an easy way to change things up and celebrate that time of year.

"It's always something different

to look at in your house," DeBari

Other ways to add summer flare to your home are to use summer-themed placemats or to purchase a lightweight and lighter color throw to toss on the bed.

Most people like to be outside in the summer, and there are seasonal decorations that can be enjoyed there as well.

DeBari suggests adding a door piece to the front door. This could be planters for flowers, flags and swags.

"It enhances your house," DeBari said. "From the street, it looks like your home is really cared about."

DeBari said she has a planter in her garden that she cannot reach to water. Instead of struggling, she simply put silk geraniums in the spot for a flash of color with no maintenance required. **WL**



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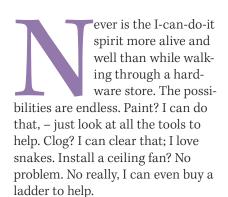
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Uh-oh To avoid mistakes, call an expert

by Alicia B. Smith *Staff Writer*



Homeowners have different abilities, and there are many do-it-your-



selfers who are proficient enough to handle jobs around the house. There are,however, times and issues that require a professional. Experts can ensure a job is done safely, know when a job may require special permits and can ultimately save money.

"Other than changing your own light bulbs or resetting the circuit breakers, I highly stress you call a professional," said

Chris Shannahan, owner of AA Electrical Service in West Hartford.

"Although changing out a broken switch or receptacle may seem easy and it may work, you could be creating a fire hazard. All electrical connections have to be torqued to a certain degree. Too tight can be as bad as too loose."

Licensed electricians go through a four-year apprenticeship before they can test to get their license, Shannahan said.

"I can't count how many times I've been called in after a homeowner has done something and it's backfired," he said. "I find it much easier to come into a house that hasn't been touched by a do-it-yourselfer. We could spend countless hours trying to redo what has been done. Just because it works doesn't mean its safe."

The list below alerts homeowners to when to call an expert.

Before hiring someone to perform work, be sure they are licensed and insured. **WL**





Electrician

Licensed professional responsible for all the electrical and power systems, maintains the wires and control equipment in which electricity flows

When to call:

Install wiring systems
Upgrade electrical systems Repair or replace electrical equipment such as circuit breakers, fuses or switches



Plumber

Licensed professional installs, repairs and maintains fixings relating to the distribution of water

When to call: Low water pressure throughout No hot water Sewer line is not draining Frozen pipes Water line damage Installation of new pipes, sinks or tubs Septic tank leaks New construction requiring building permits



Carpenter

Installs, constructs or repairs structures and fixtures

When to call:

Built-in cabinets, closets, storage Customized pieces of furniture Additions Remodeling or renovations New doorways, windows, walls affecting the stability of the structure

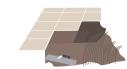


Landscaper

Develops and maintains gardens, takes care of any work relating to the yard (raking, mowing, trimming, planting, etc.)

When to call:

To save time To install a new garden or plantings
For large jobs such as walkways or retaining walls



Flooring contractor

Installs floors (hardwood, tile, carpeting, etc.)

When to call:

For complicated or large projects When high-quality work is required



Handyman Person who does odd jobs

When to call: When looking to get a small job done, one that does not require specialized services from a licensed contractor. such as electrical or plumbing work

For jobs that may be difficult due to age or disability



Appliance repairperson

Installs and repairs stoves, refrigerators, dishwashers, garbage dispoals and other appliances

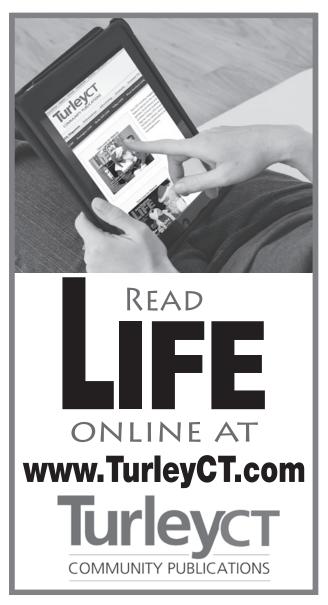
When to call:

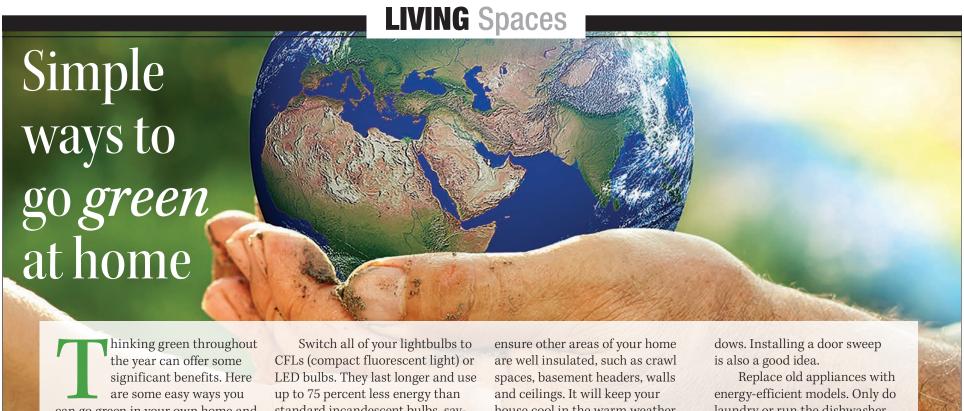
If a washing machine is vibrating or moving You detect a burnt smell around any appliance Moisture is visible around any appliance There is an abundance of lint near the dryer You notice a buzzing or another unusual sound near the appliance

"I can't count how many times I've been called in after a homeowner has done something and it's backfired."

- Chris Shannahan







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standard incandescent bulbs, saving you money on your electric bills.

Insulate well. Use insulation with a high R-value to top up insulation in your attic. Aim for an R-value of 50 or a depth of 16 inches. For whole home efficiency, house cool in the warm weather and take the stress off your air conditioning unit.

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BY MARK DIXON
WFSB METEOROLOGIST [AMS]



The Summer Weather Alerts

atch, Warning – very different types of alerts. Here in Connecticut, we all need to be familiar with the terminology, given the diversity of our seasons. During this time of year, the 2 categories typically apply to 3 different scenarios: Flooding, Severe Thunderstorms and Tornadoes.

A Watch, when issued ... is for a large area (multiple counties/states), is long duration (usually for a timespan of 4 to 8 hours) and often in place well in advance of any development. Essentially, this alert is a 'heads up' ... to be mindful that the potential exists for severe weather.

Conversely, a Warning is issued when severe weather

is imminent or occurring. The geographical area is much smaller and encompasses a timespan of an hour or less, in many cases. This alert means one should seek shelter.

It's important to point out that a Watch does NOT need to be in effect for a Warning to be issued.

Also, there is specific criteria for a storm to be classified as

SEVERE. For one to be deemed as such, there needs to be hail one inch in diameter (or larger) and/or wind 58 mph or stronger. While lightning can be deadly, it is not part of the definition.

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